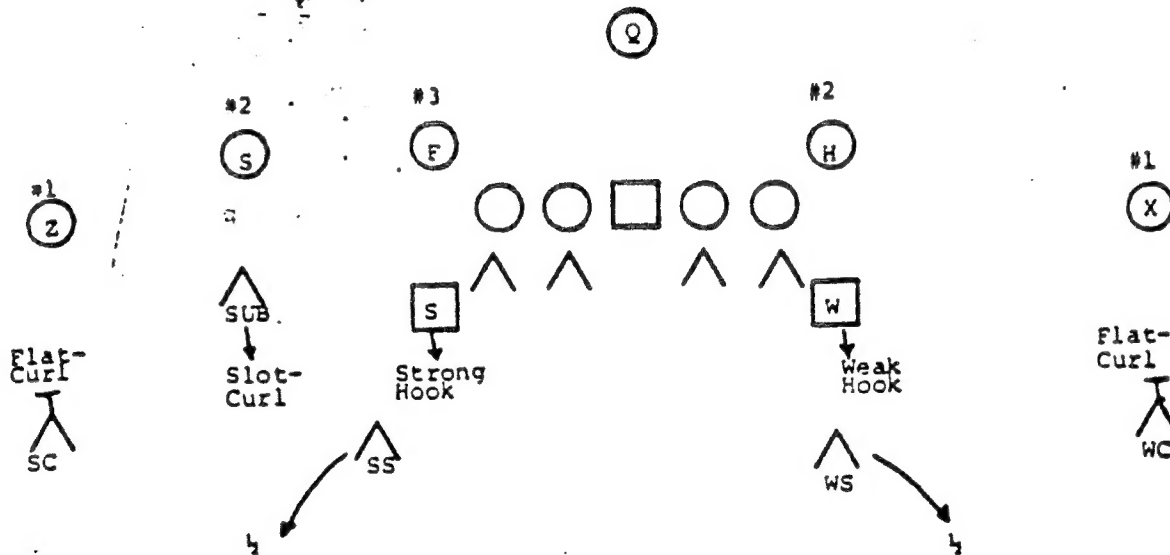


NEW YORK GIANTS 95

DEFENSIVE PLAYBOOK

42 COVER #2 ("Club")

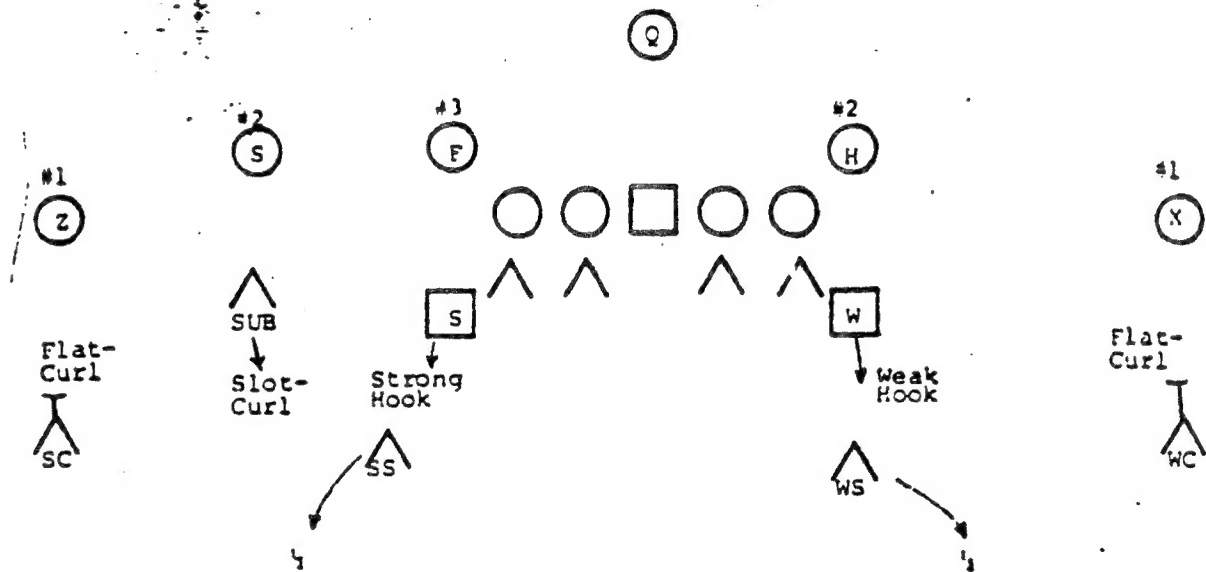
5. 42 Cover #2 - A double rotated zone with 2 deep and 5 under, employing a tight coverage on receivers in each zone based on a read of route progression.



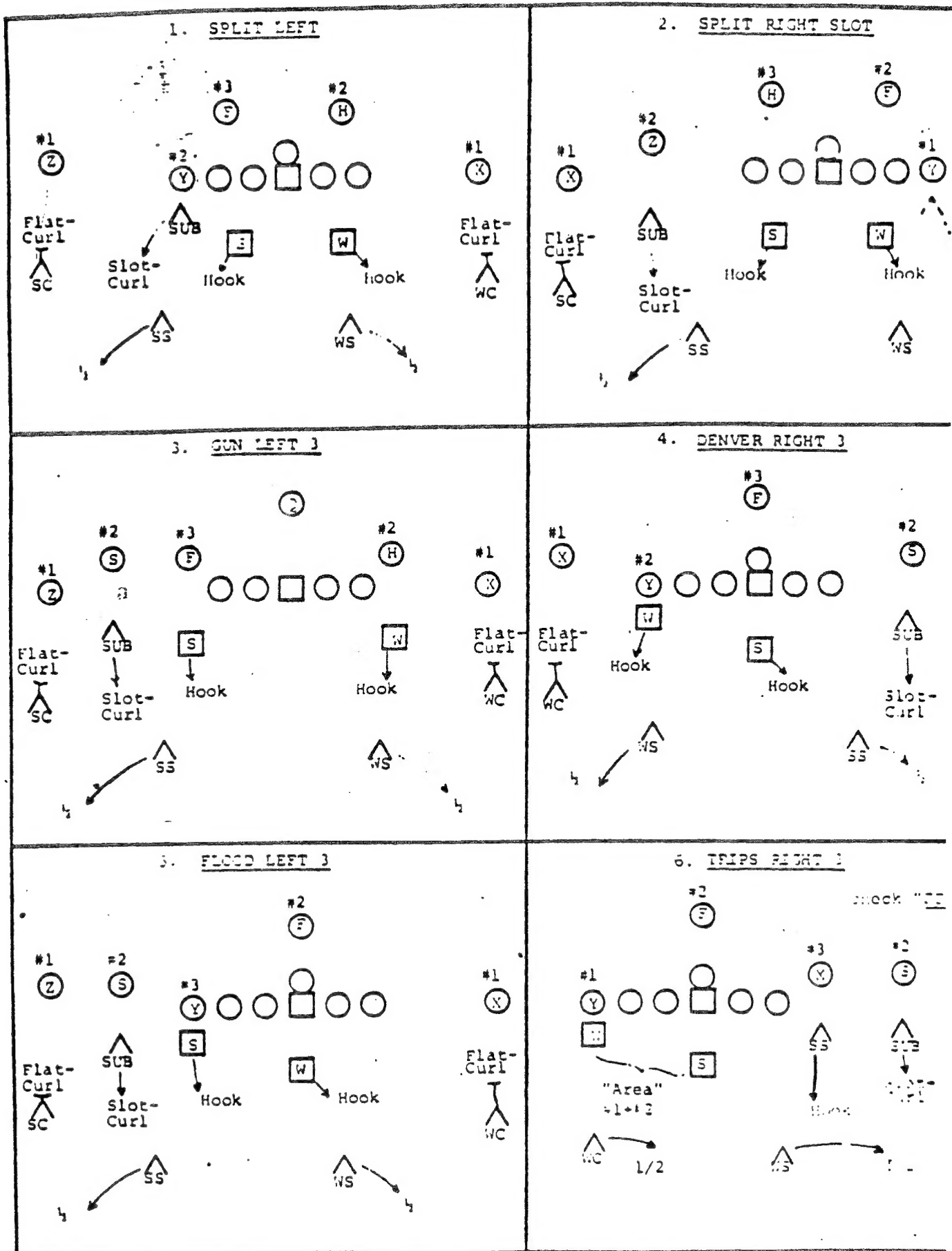
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u>	On #3 3-4 yds. deep	(Thru linemen) #3	1. Open to strong hook & read patterns of #2 & #3. 2. Carry #2 or #3 to middle. C.P. - Reroute #3 on close. C.P. - 78 Action - weak hook.
<u>WILL</u>	On #2 3-4 yds. deep	(Thru linemen) #2	1. Open to weak hook & read pattern of #2. 2. Carry #2 to middle. C.P. - #2 block, find #1.
<u>STRONG CURLER</u>	Outside shade on #1 5-7 yds. deep	#1	1. Funnel #1 inside using "Jam" technique. 2. If #1 releases outside, carry him thru the fade area. 3. Cover flat to curl. 4. Be aware of strongside combination routes.
<u>SUB</u>	On #2 Up or Off	#2	1. Get a hit on or reroute #2 outside. 2. Drop to curl and read patterns of #2 and #3. 3. Hold curl area. Cover inside routes by #1.
<u>STRONG SAFETY</u> <u>WEAK SAFETY</u>	WS-on #2 SS-split #2/#3 7-10 yds. deep	Thru uncovered linemen to backs	1. Drop as aiming point 3 yds. inside numbers - 17 yds. deep 2. See flow, read #1's release and take a hard read C.P. - Trips 3 - check "Zebra"
<u>WEAK CURLER</u>	Outside shade on #1 5-7 yds. deep	#1	1. Funnel #1 inside using "Jam" technique. 2. If #1 releases outside, carry him thru the fade area. 3. Cover flat to curl and pattern read #2. 4. Be aware of weakside combination routes.

42 COVER #2 SPOTS

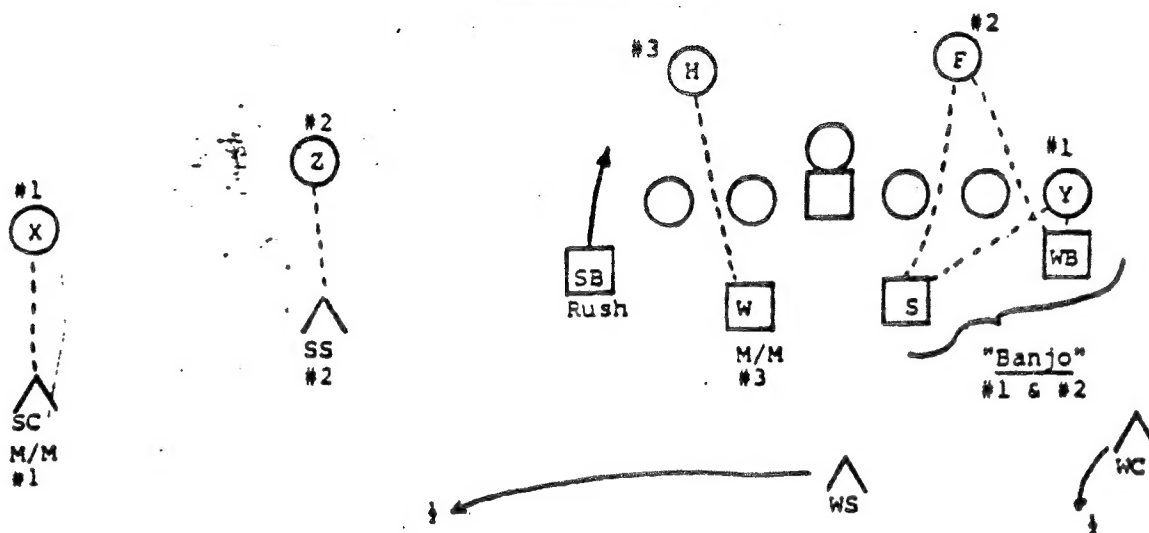
42 Cover #2 Zone - A double rotated zone with 5 under and 2 deep. The 5 underneath defenders get depth (15 yds.), read QB, and react to ball. No pattern read.



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u>	On #3 3-4 yds. deep	(Thru linemen) #3	1. Open to strong hook. 2. Get depth (15 yds.), read QB, & react to ball. C.P. - Reroute #3 on close.
<u>WILL</u>	On #2 3-4 yds. deep	(Thru linemen) #2	1. Open to weak hook. 2. Get depth (15 yds.), read QB, & react to ball.
<u>STRONG CORNER</u>	Outside Shade on #1 5-7 yds. deep	#1	1. Funnel #1 inside using "Jam" technique. 2. If #1 releases outside, carry him thru fade area. 3. Get depth (15 yds.), read QB, & react to ball.
<u>SUB</u>	On #2 Up or Off	#2	1. Get a hit on or reroute #2. 2. Drop to curl area. 3. Get depth (15 yds.), read QB, & react to ball.
<u>STRONG SAFETY</u> & <u>WEAK SAFETY</u>	WS-on #2 SS-split #2/#3 7-10 yds. deep	Thru uncovered lineman to backs	1. Drop as aiming point 3 yds. inside numbers - 17 yds. deep 2. See flow, read #1's release and take a hard read on QB. C.P. - Trips 3 - check "Zebra"
<u>WEAK CORNER</u>	Outside shade on #1 5-7 yds. deep	#1	1. Funnel #1 inside using "Jam" technique. 2. If #1 releases outside, carry him thru fade area. 3. Get depth (15 yds.), read QB, & react to ball.



STACK "COMBO"

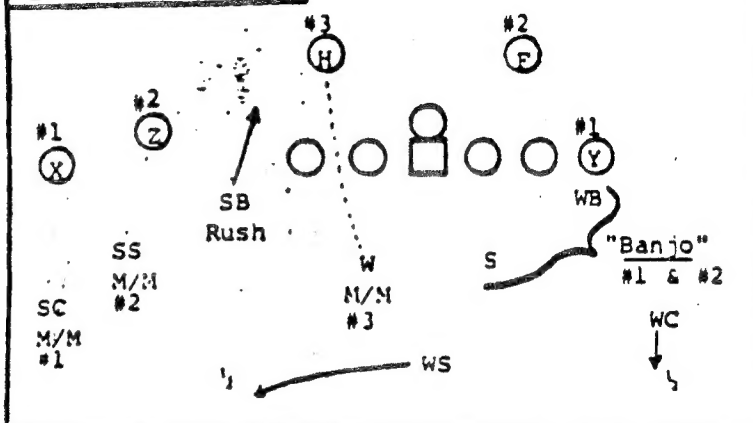


Stack "Combo" - A combination Man/Man and Zone coverage played vs. Slot/Twin only. Five underneath defenders play Man/Man and two deep defenders play Zone (½ field). No Flow. "Combo" is a match-up coverage.

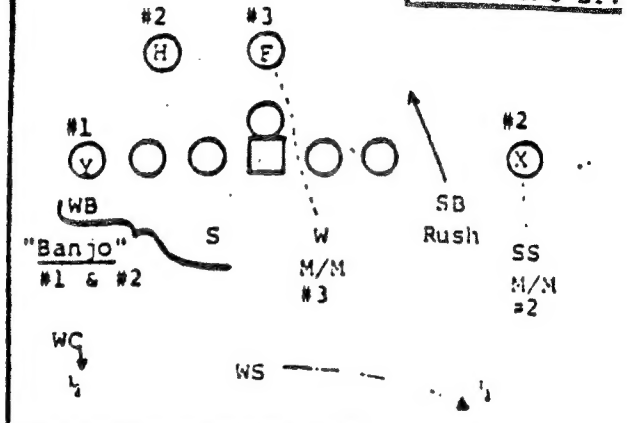
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	Same as Stack Cover #3	Near Back, Tackle, QB	1. Contain rusher vs. pass. 2. "Change" call: Cover #3 Man/Man using trail tech. (½ help).
<u>WILL</u>		Thru Guard to Near Back (#3)	1. Cover #3 Man/Man using trail technique. 2. ½ help from WS. 3. "Change" call - Rush
<u>SAM</u>		Thru Back to Near Back (#4)	1. "Banjo" #1 & #2 with weak backer (trail tech.) 2. ½ help from WC. C.P. - "Slide" Vs. back fly. C.P. - Check 1st coverage call Vs. Pro formation.
<u>WEAK BACKER</u>		Tight End, Tackle, Near Back	1. "Banjo" #1 & #2 with Sam (trail tech.) 2. ½ help from WC. C.P. - "Slide" Vs. back fly
<u>STRONG CORNER</u>	"Bump" or Off	#1	1. Man/Man on #1 using trail technique. 2. ½ help from WS. 3. Usually play this coverage from "Bump".
<u>STRONG SAFETY</u>	"Bump" or Off	#2	1. Man/Man on #2 using trail technique. 2. ½ help from WS. 3. Usually play this coverage from "Bump".
<u>WEAK SAFETY</u>	10-12 yds. deep On ball	Backs, #2, and QB	1. Zone strong ½ of the field. Drop as aiming point 3-yds. inside numbers-17 yds. deep 2. See flow, read #2's release, and take a hard read on QB.
<u>WEAK CORNER</u>	3 yds. outside normal Y 7-10 yds. deep	#1, #2, and QB	1. Zone weak ½ of the field. 2. Drop straight back and take a hard read on the QB. C.P. - Adjust drop according to pattern read.

ADJUSTMENTS - Stack "Combo"

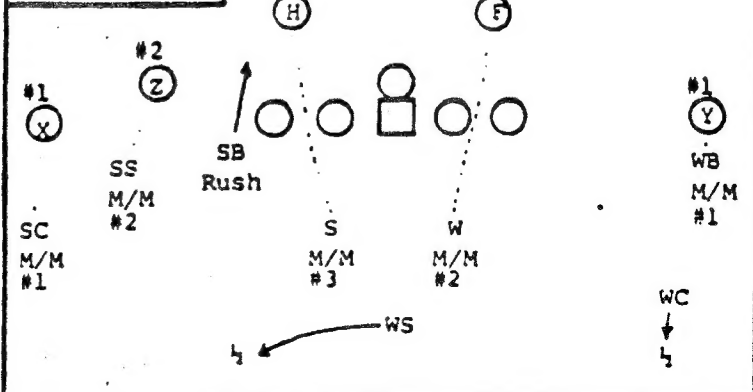
1. SPLIT RT. SLOT



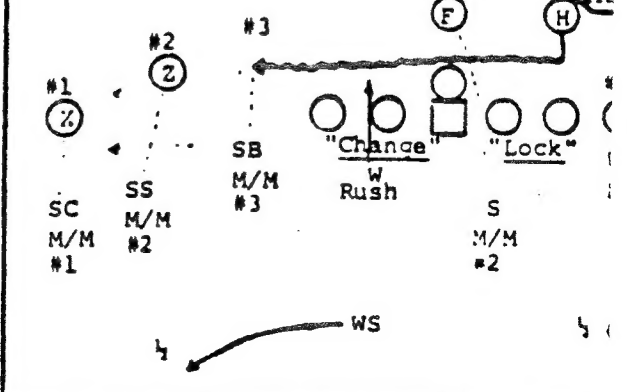
2. STRONG LT.



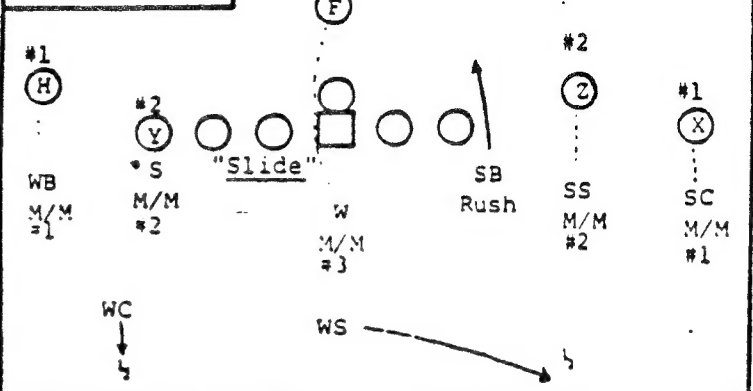
3. SPLIT RT. SLOT WIDE



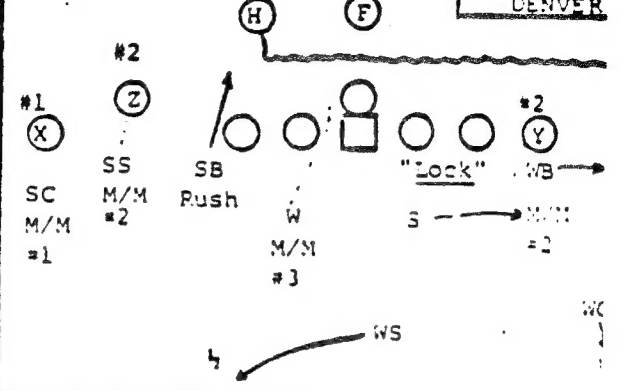
4. H MOTION TR



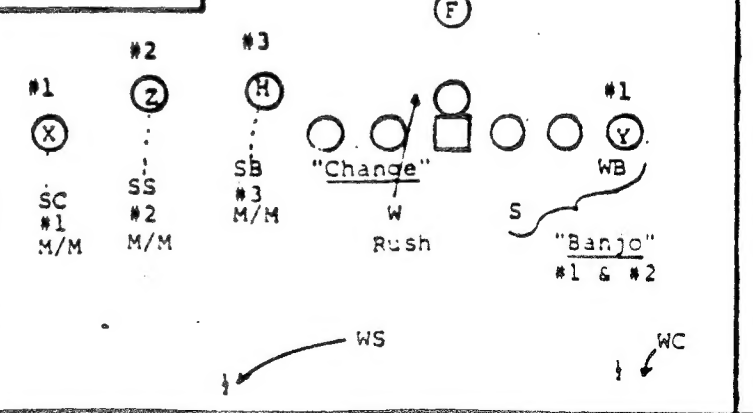
5. DENVER RT.



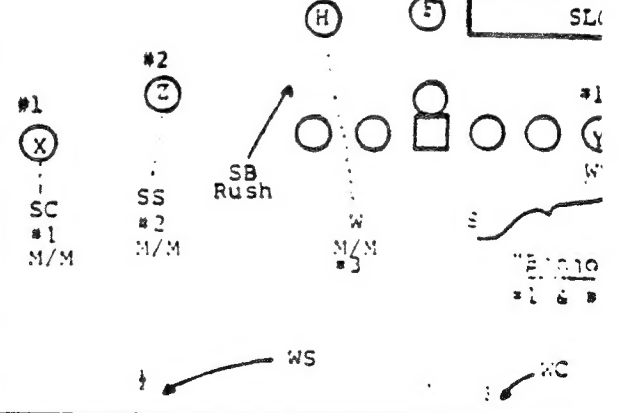
6. H FLY DENVER



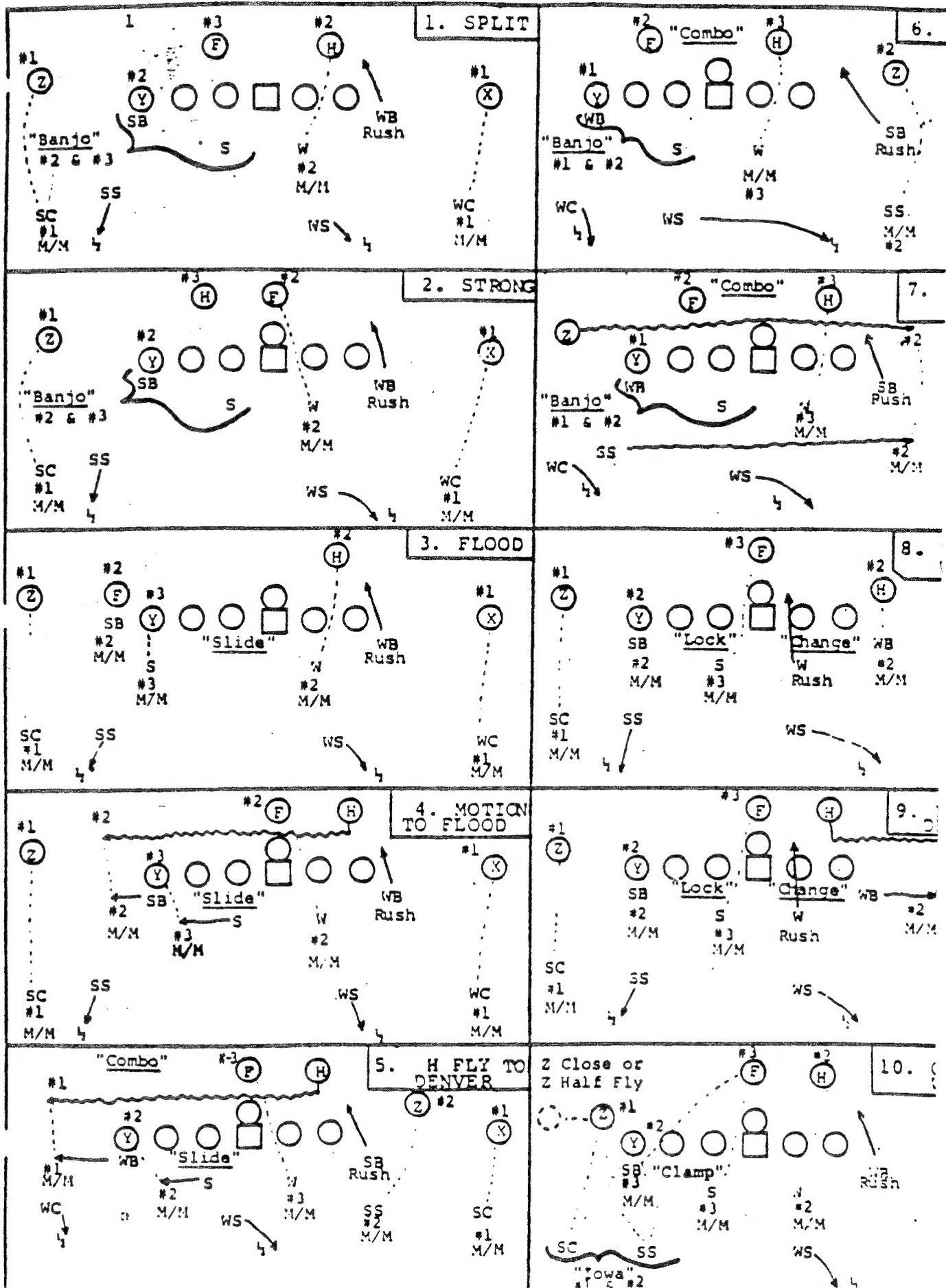
7. TRIPS LT.



8. WING SLO

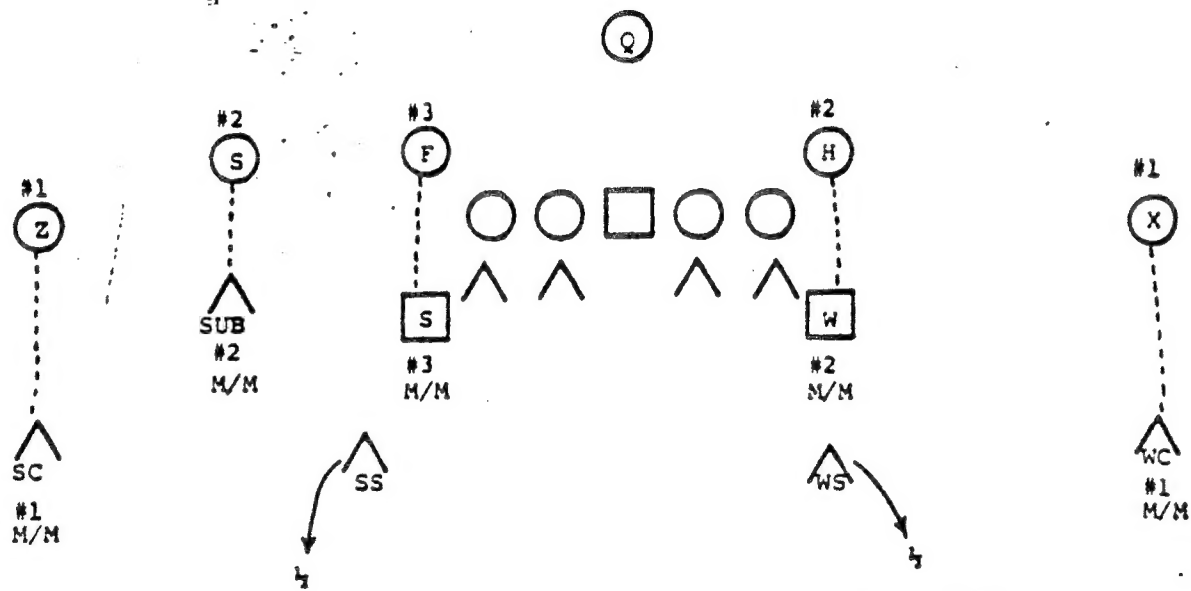


ADJUSTMENTS - STACK COVER #2 MAN/COMBO



10.

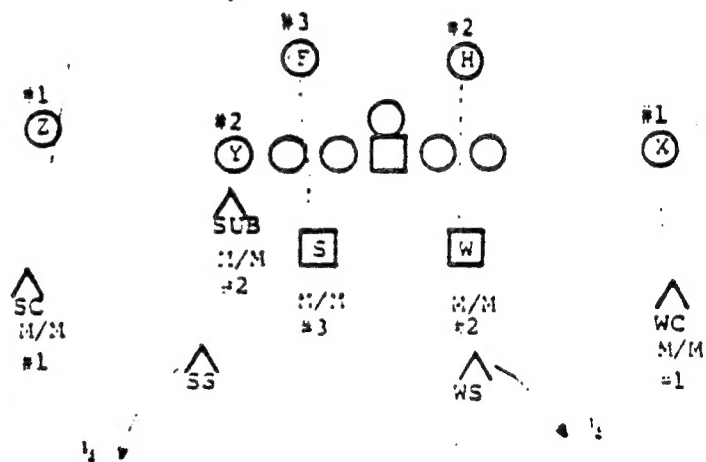
42 Cover #2 Man - A combination man/man and zone coverage. Five underneath defenders play man/man and two deep defenders play zone ($\frac{1}{2}$ the field). Match-up coverage.



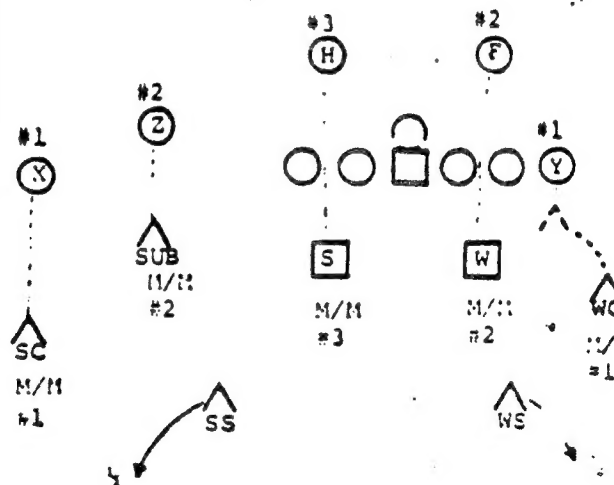
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u>	On #3 3-4 yds. deep	(Thru linemen) #3	1. Cover #3 man/man to goal line using trail technique. 2. If your coverage blocks, hug. C.P. - Poss. "Banjo" on #2 & #3 with Sub vs. normal Y (#2) C.P. - $\frac{1}{2}$ help from SS.
<u>WILL</u>	On #2 3-4 yds. deep	(Thru linemen) #2	1. Cover #2 man/man to goal line using trail technique. 2. If your coverage blocks, hug. C.P. - $\frac{1}{2}$ help from WS.
<u>STRONG CORNER</u>	#1 Bump or Off	#1	1. Cover #1 man/man to goal line using trail technique. 2. $\frac{1}{2}$ help from SS. C.P. - Usually play this coverage from Up. C.P. - poss. "Iowa"
<u>SUB</u>	On #2 Up or Off	#2	1. Cover #2 man/man to goal line using trail technique. 2. $\frac{1}{2}$ help from SS. C.P. - Usually play this coverage from Up. C.P. - poss. "Iowa"
<u>STRONG SAFETY</u> & <u>WEAK SAFETY</u>	WS-on #2 SS-split #2/ #3 7-10 yds. deep	#1, #2, and QB	1. Drop as aiming point 3 yds. inside numbers - 17 yds. deep 2. Read #2's release and pattern read #1 & #2.
<u>WEAK CORNER</u>	#1 Bump or Off	#1	1. Cover #1 man/man to goal line using trail technique. 2. $\frac{1}{2}$ help from WS. C.P. - Usually play this coverage from Up.

ADJUSTMENTS - 42 COVER 42 MW (Match-up)

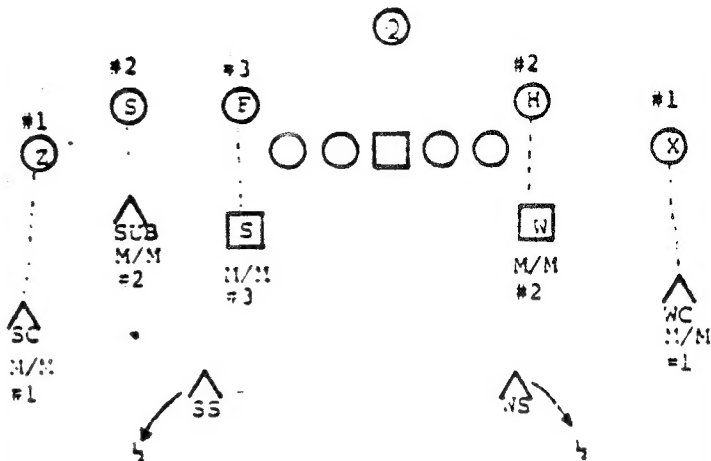
1. SPLIT LEFT



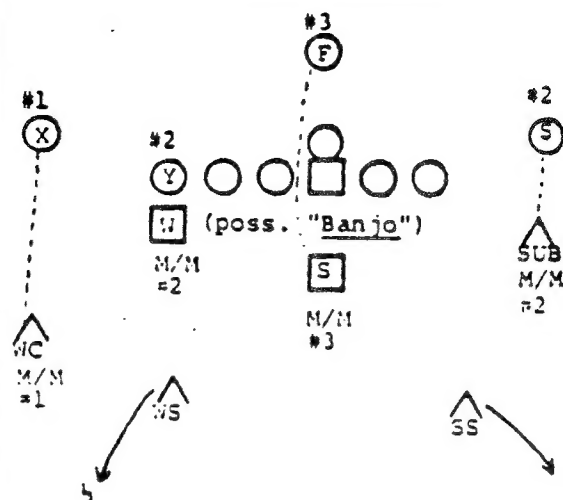
2. SPLIT RIGHT SLOT



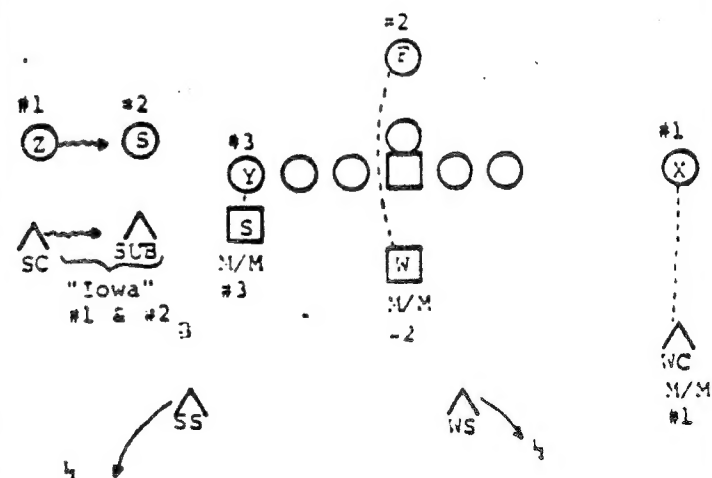
3. GUN LEFT 3



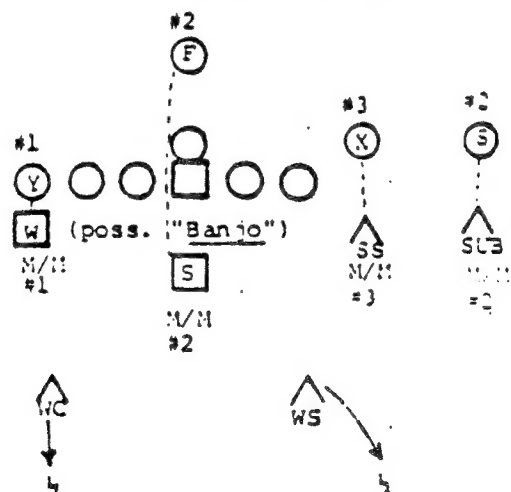
4. DENVER RIGHT 3



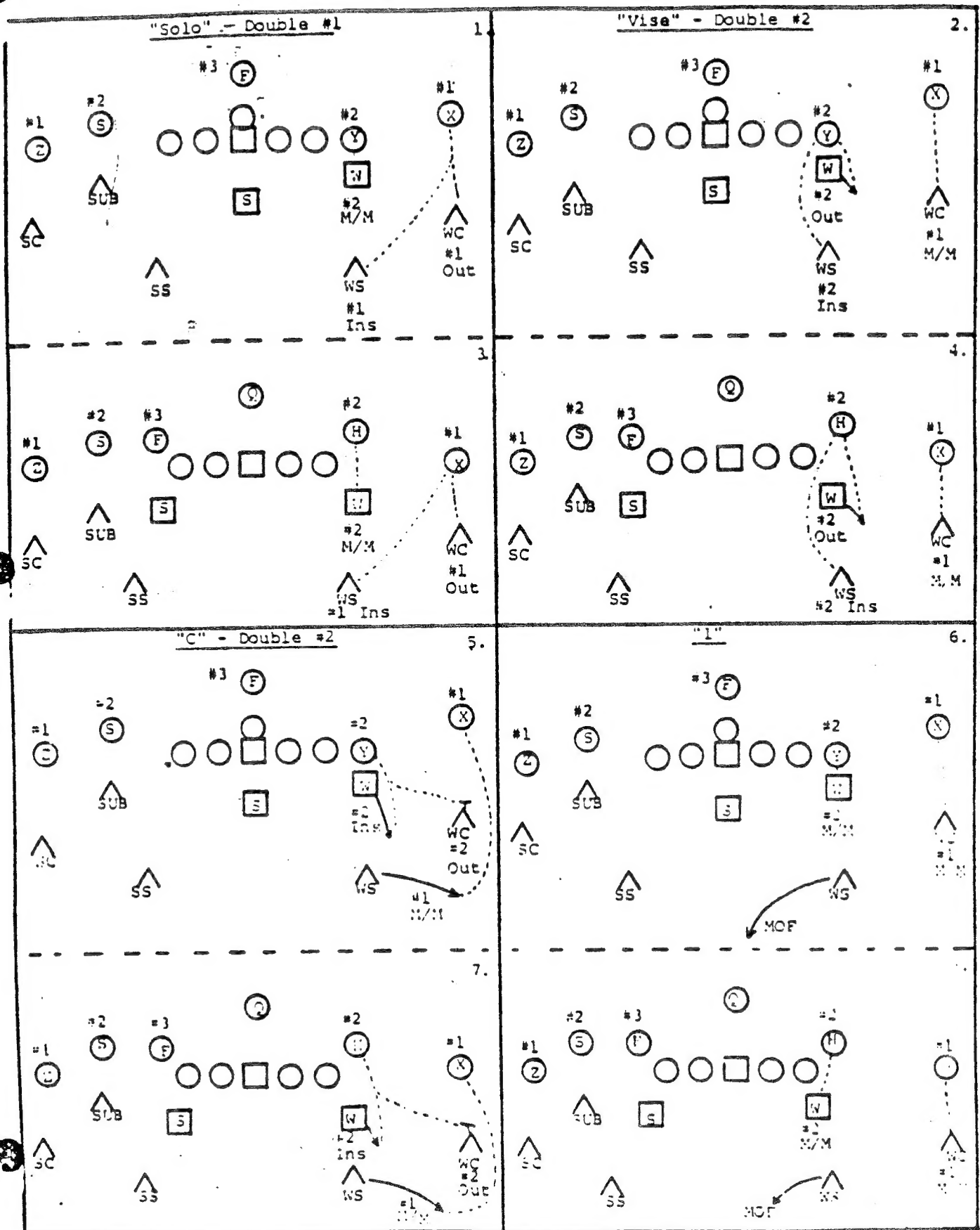
5. FLOOD LEFT 3



6. TRIPS RIGHT 3



WEAKSIDE 2 MAN VARIATIONS



"SOLO" CALL

"Solo" is an adjustment off 2 Man coverage to double weakside #1.

1. WC & WS double #1. C.F. - Trips 3 - Normal 2 Man adjustment. WC plays 1/2.

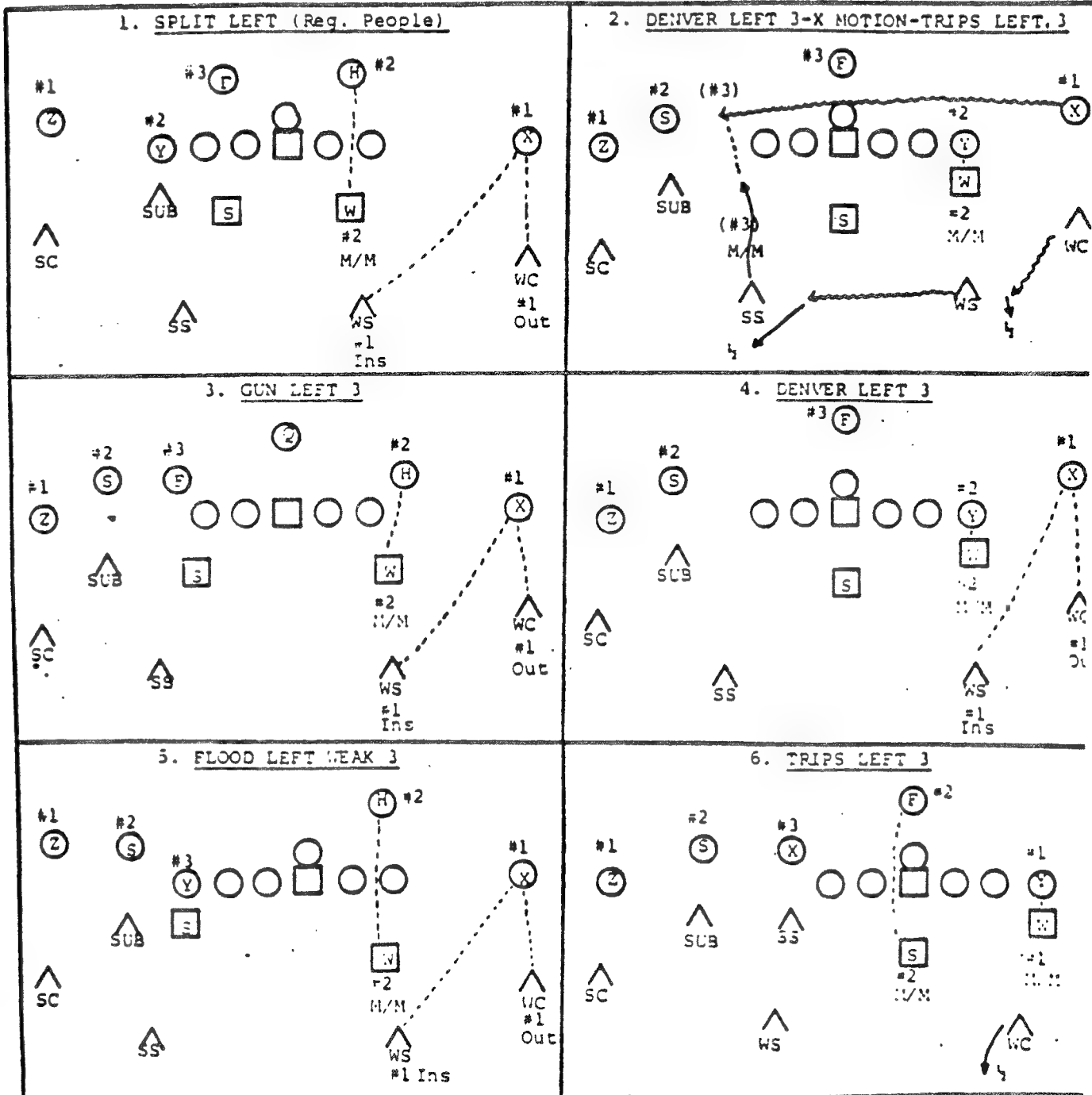
WC - Use "Press" or outside technique on #1 and cover all outside routes.
Back up WS on inside routes.

WS - Cover #1 on all inside routes. Back up WC on all outside routes.

2. Will - Covers #1 man/man using inside technique.

Vs. #1 Motion - (to Trips 3) - normal 2 Man adjustment.

"Solo" Adjustments



"Vise" Call

14.

"Vise" is an adjustment off 2 Man coverage to double weakside #2.

1. Will & WS double #2. C.P. - Trips 3 - Normal 2 Man adjustment. WC plays 4.

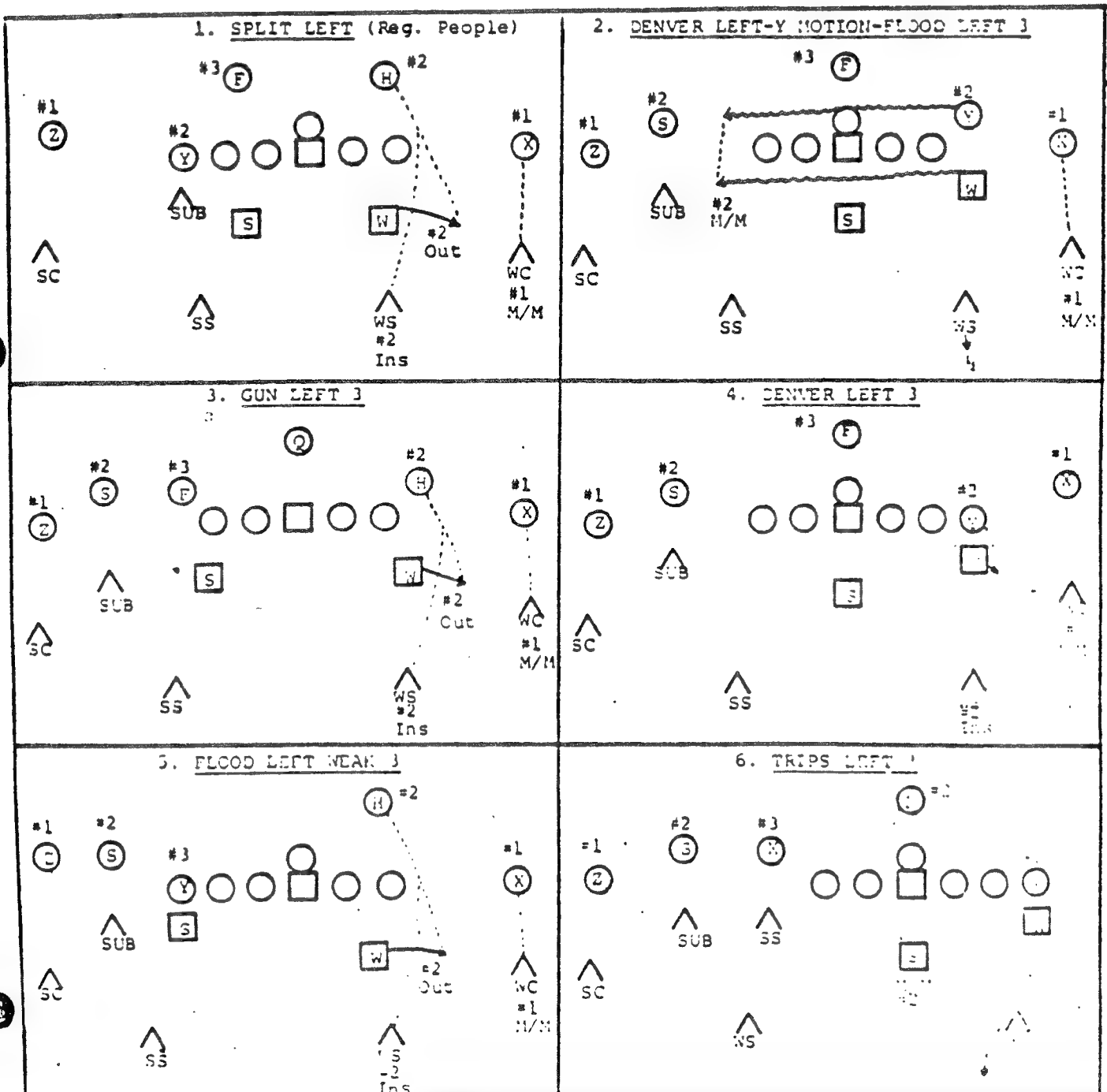
Will - Cover #2 man/man using outside technique. If #2 definitely goes inside, get depth & help on #1. If #2 blocks, hug.

WS - Cover #2 man/man using inside technique. If #2 blocks or goes outside, help on #1 or #2 deep.

2. WC - Cover #1 man/man using inside technique.

VS. #2 Motion - "Vise" comes off. Linebacker covers #2 motion (poss. "Push")
Play normal 2 Man weakside.

"Vise"



"C" CALL

"C" is an adjustment off 2 Man coverage to double weakside #2.

1. WC & Will Double #2. C.P. - Trips 3 - Normal 2 Man adjustment. WC plays 1.

Will - Open to weak hook & read pattern by #2.

If #2 runs outside or blocks, find #1 on inside route.

Cover all inside/close routes by #2.

WC - Jam #1 outside and read pattern by #2.

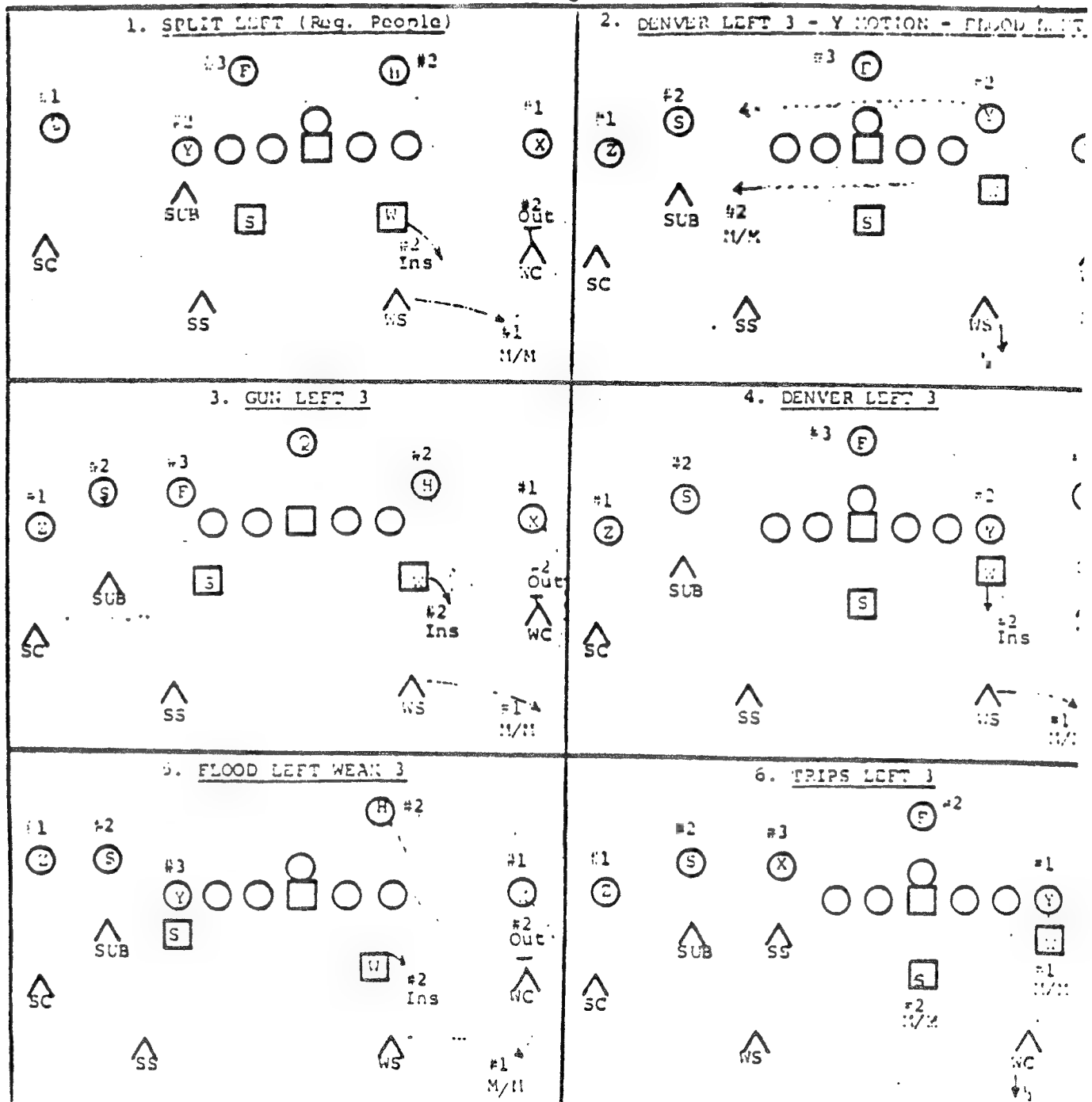
If #2 runs inside or blocks, collapse.

Cover all outside/close routes by #2.

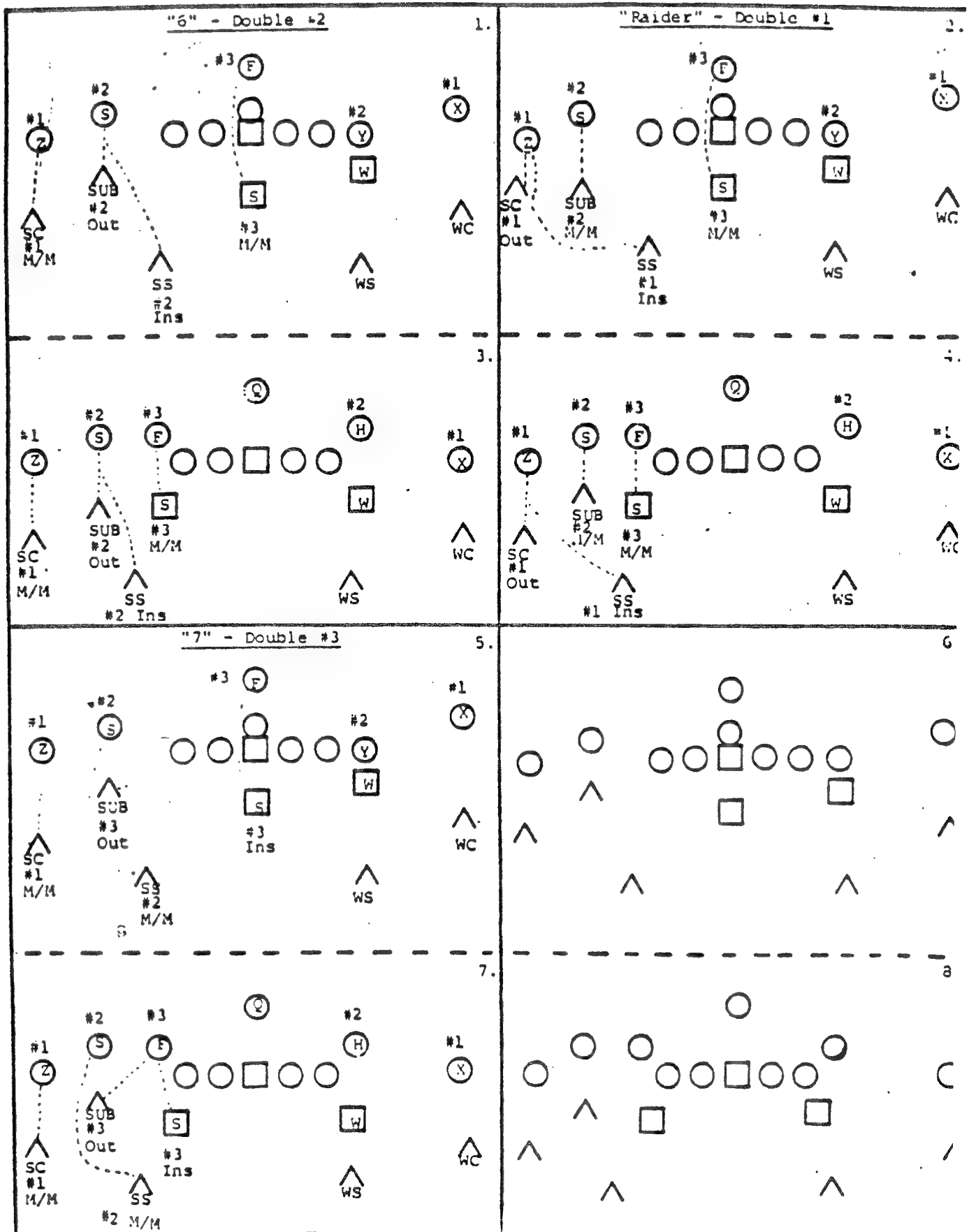
2. WS - Cover #1 man/man using inside technique.

3. Vs. #2 Motion - "C" comes off. Linebacker covers #2 motion (poss. "Push")
Play normal 2 Man weakside.

"C"



STRONGSIDE 2 MAN VARIATIONS



"6" Call

*6" call is an adjustment off 2 Man coverage to double the strongside #2.

1. Sub & SS double #2. C.P. - Trips 3 - 2 Man

Sub - Use "Bump" technique on #2 & cover all outside routes. Back up SS on inside cuts.

SS - Cover #2 on all inside cuts. Back up Sub on all outside cuts.

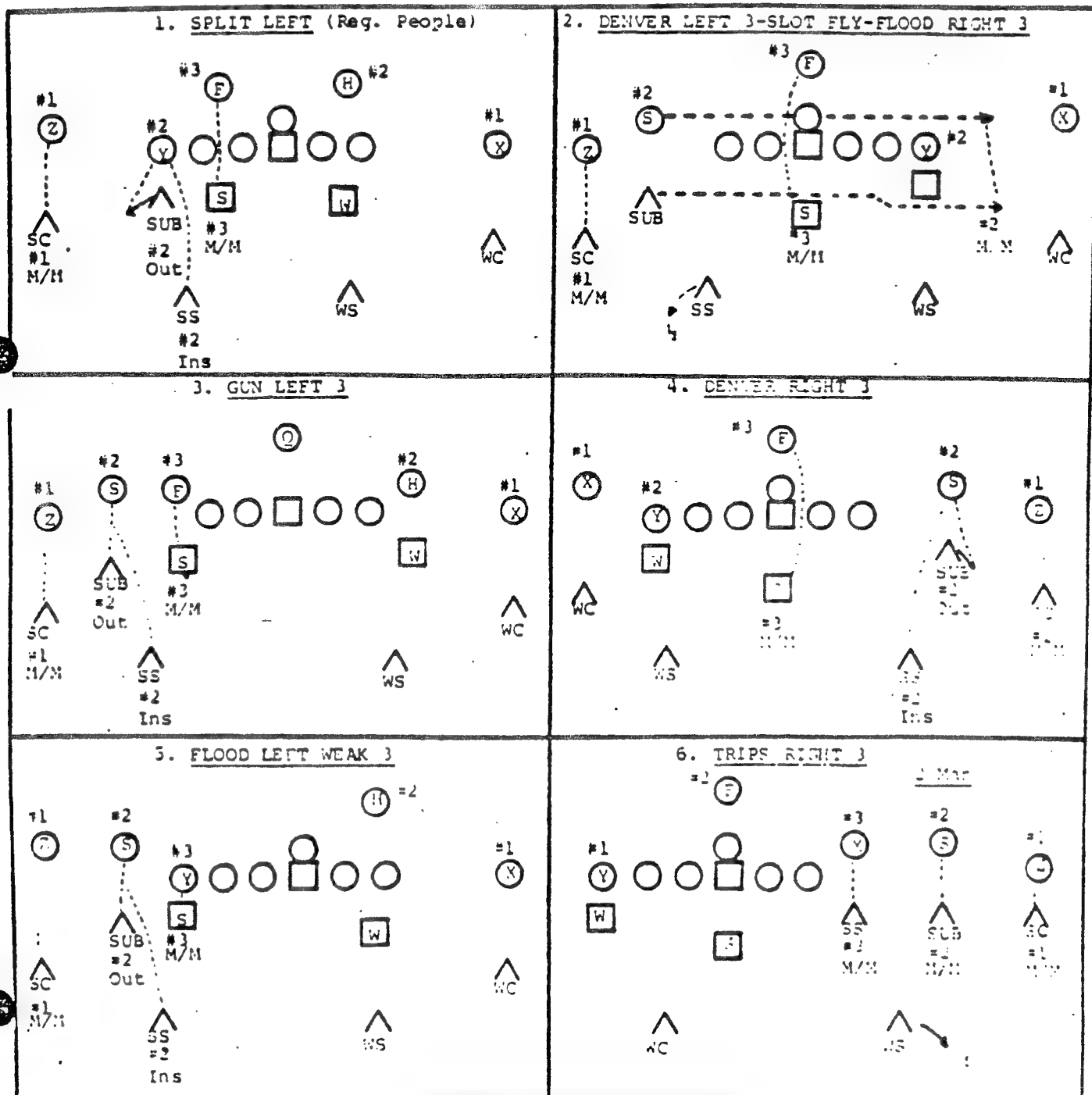
2. Sam covers #3 man/man using inside technique.

3. SC covers #1 man/mah using inside technique.

4. Vs. #2' motion/fly - Sub covers #2 on all motion/fly. (Poss. "Push"). "6" call comes off.

Play normal 2 Man strongside.

"6" Call Adjustments



"Raider Call"

"Raider" is an adjustment off 2 Man coverage to double the strongside #1.

1. SC & SS double #1. C.P. - Trips 3 - 2 Man

SC - Use outside bump technique on #1 and cover all outside routes. Back up SS on inside cuts.

SS - Cover #1 on all inside routes. Back up SC on all outside routes.

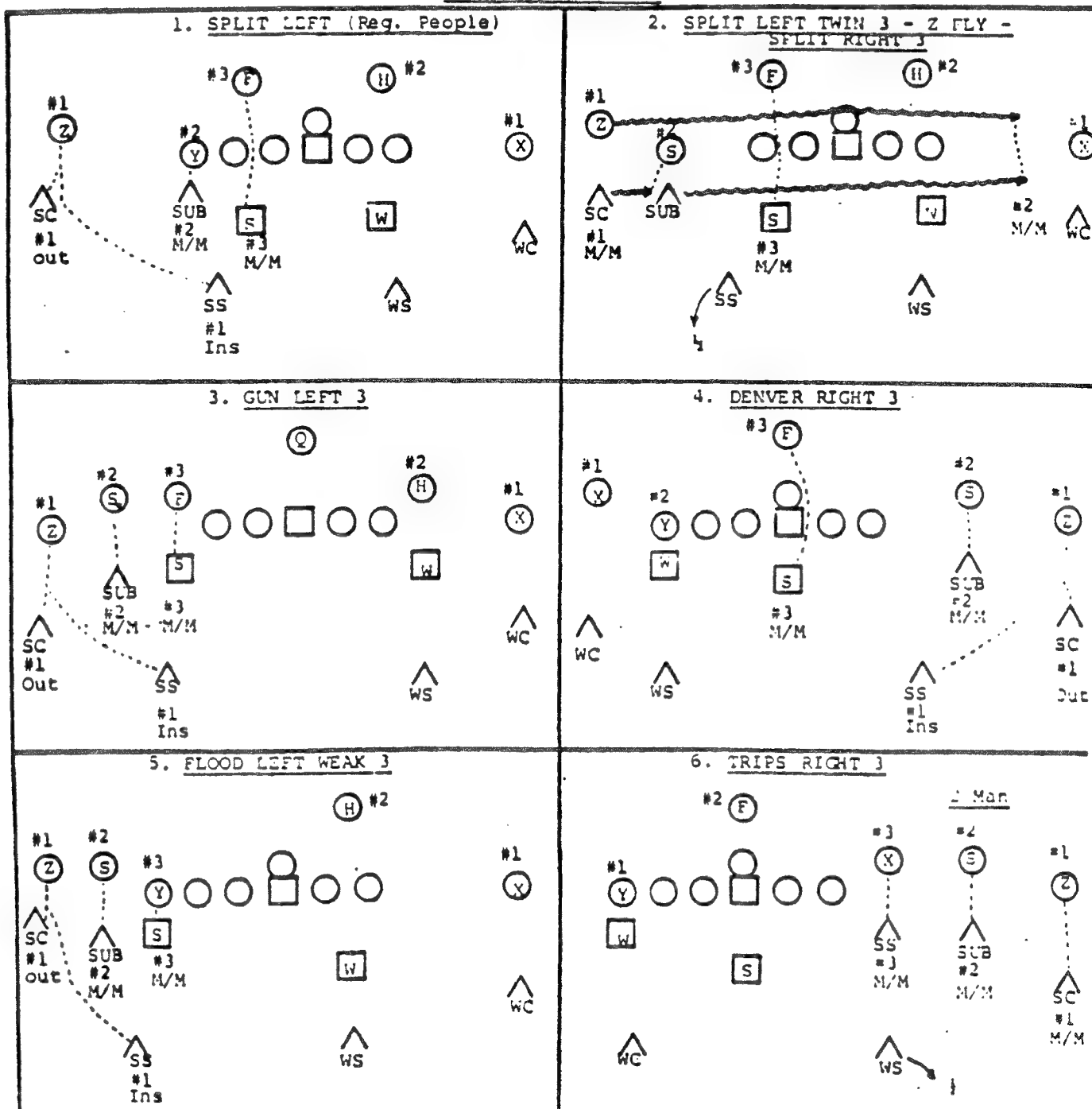
2. Sam covers #3 man/man using inside technique.

3. Sub covers #2 man/man using inside technique.

4. Vs. #1 motion or half fly, "Raider" stays on #1. ("Push")

Vs. #1 fly across formation (change of strength) - Sub covers #1 fly. "Raider" comes
Play normal 2 Man strongside.

"Raider" Adjustments



"7" Call

"7" Call is an adjustment off 2 Man coverage to double the strongside #3.

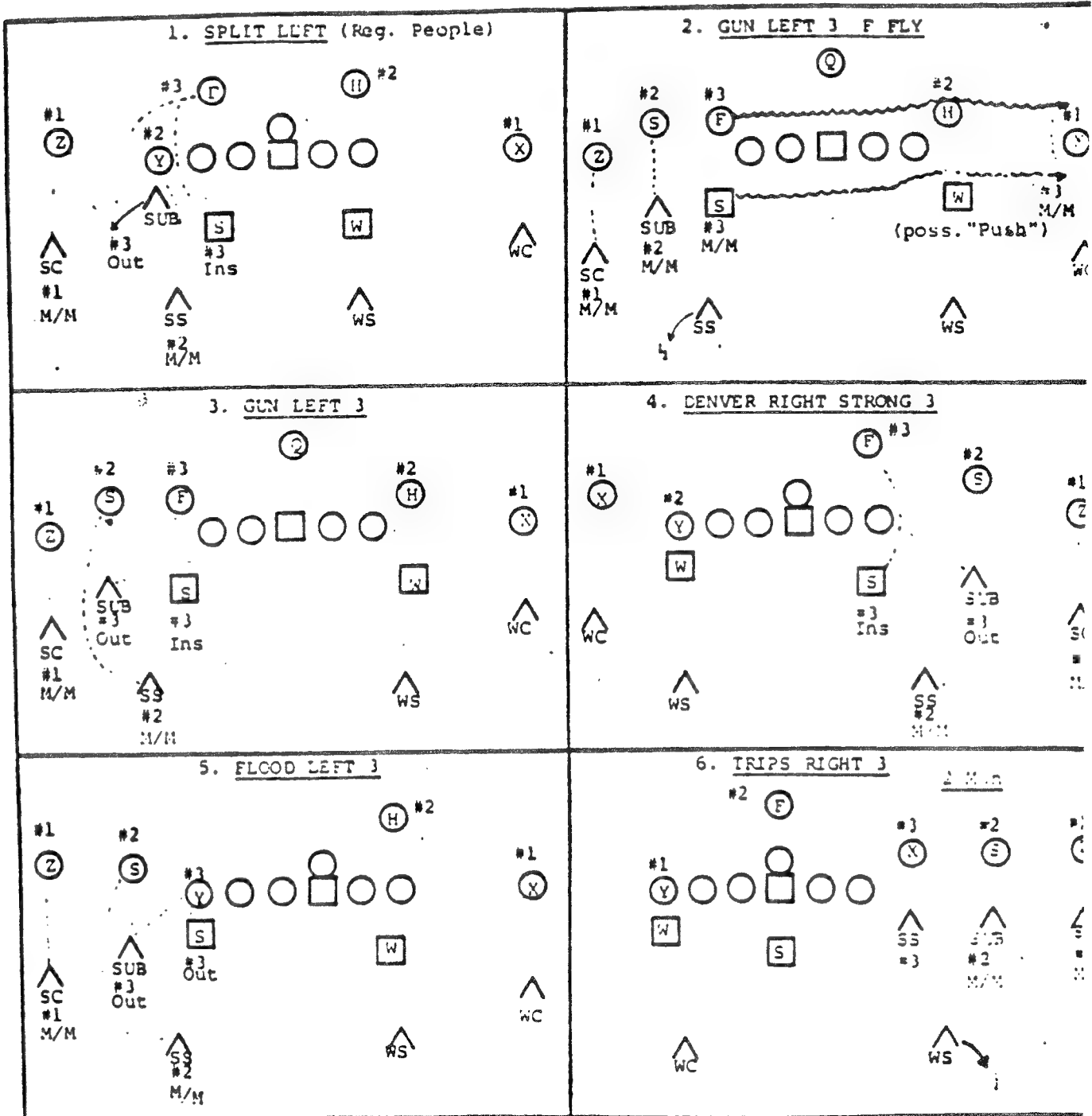
1. Sub and Sam double #3. C.P. - Trips 3 - 2 Man

Sub - Reroute #2 outside. Cover #3 on all outside & close routes. If #3 blocks or goes inside, help on #1.

Sam - Cover #2 on all inside & close routes. If #3 blocks, hug. If #3 goes outside, help on #1/#2.

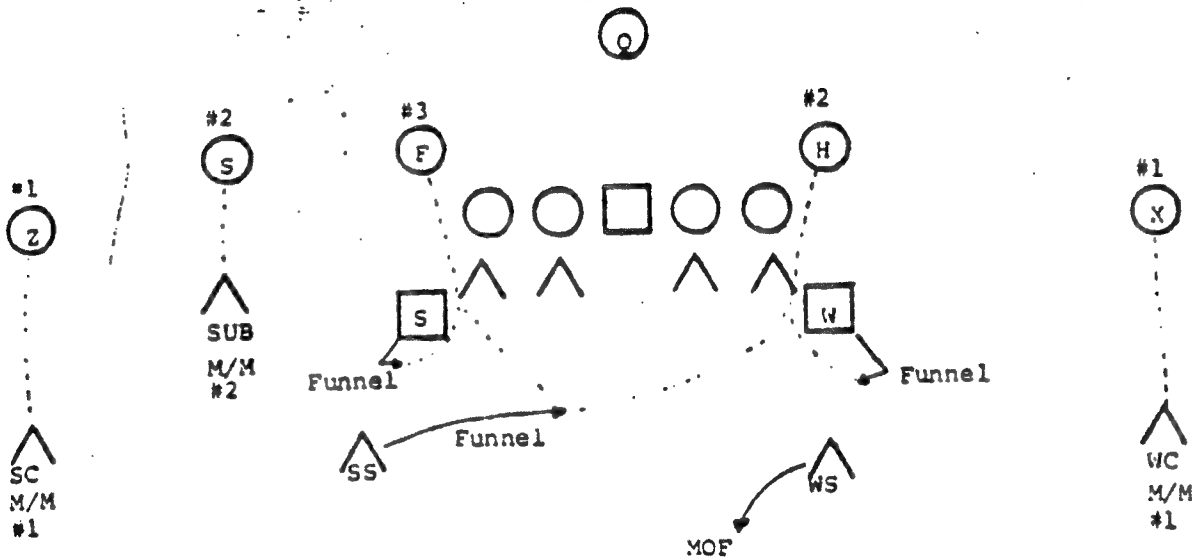
2. SS covers #2 man/man, using inside technique. SC covers #1 man/man using inside tool
3. vs. #3 motion/fly - Sam covers #3 on all motion/fly. (Poss. "Push") "7" call com.:
Play normal 2 man strongside.

"7" Call Adjustments



42 COVER #2 MAN FUNNEL

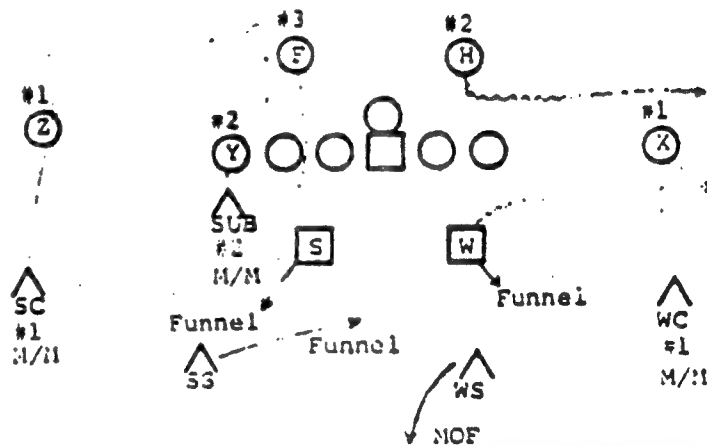
42 Cover #2 Man Funnel - A man/man coverage with post help guaranteed by WS. Linebackers and SS play 3 on 2. Match-up coverage.



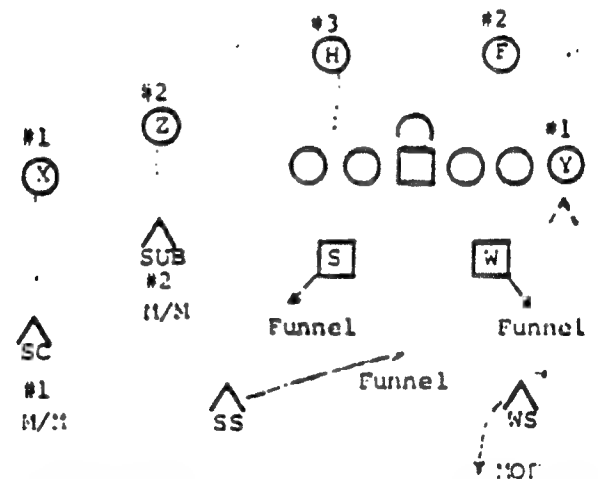
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> & <u>WILL</u>	On #2/#3 3-4 yds. deep	(Thru linemen) #2 & #3	1. 2 Backs - funnel technique on backs 1 Back & 1 TE - funnel technique on back & TE C.P. - No funnel vs. strong, wing C.P. - Alert 68/78 Action from split
<u>STRONG</u> <u>CORNER</u>	#1 Bump or Off	#1	1. Cover #1 man/man using inside technique 2. Post help from WS
<u>SUB</u>	On #2 Bump or Off	#2	1. Cover #2 man/man using outside technique C.P. - Poss. "Towa" 2. Post help from WS
<u>STRONG</u> <u>SAFETY</u>	Split #2 & #3 7-10 yds. deep	#2 & #3	1. 2 Backs - funnel technique on backs 1 Back & 1 TE - funnel technique on back & TE C.P. - Trips 3 - Cover #3 man/man C.P. - No funnel vs. strong, wing C.P. - Alert 68/78 Action from split 2. Post help from WS
<u>WEAK</u> <u>SAFETY</u>	on #2 7-10 yds. deep	#1, #2, and QB	1. Cover deep middle, deep as the deepest 2. Guarantee post help. Cover #2 on seam 3. Key ball and read strong to weak progression.
<u>WEAK</u> <u>CORNER</u>	#1 Bump or Off	#1	1. Cover #1 man/man using inside technique 2. Post help from WS C.P. - Trips 3 - funnel technique on back & TE

ADJUSTMENTS COVER #2 MAN FUNNEL (Match-up)

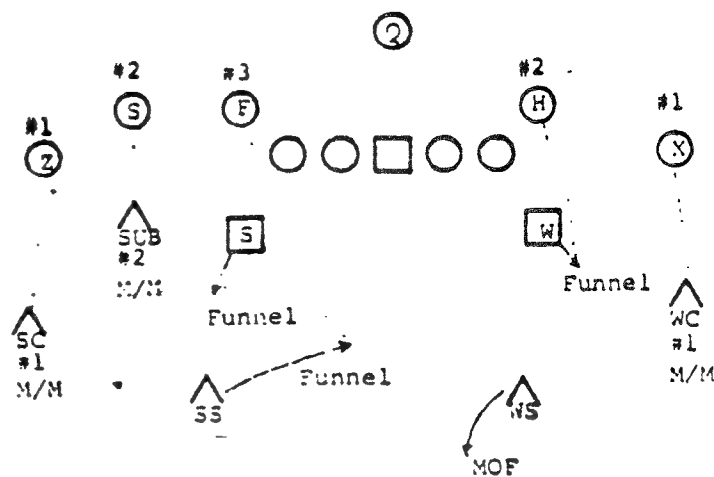
1. SPLIT LEFT



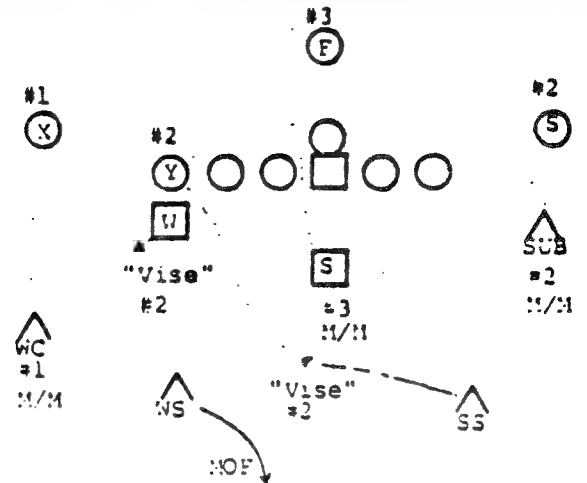
2. SPLIT RIGHT SLOT



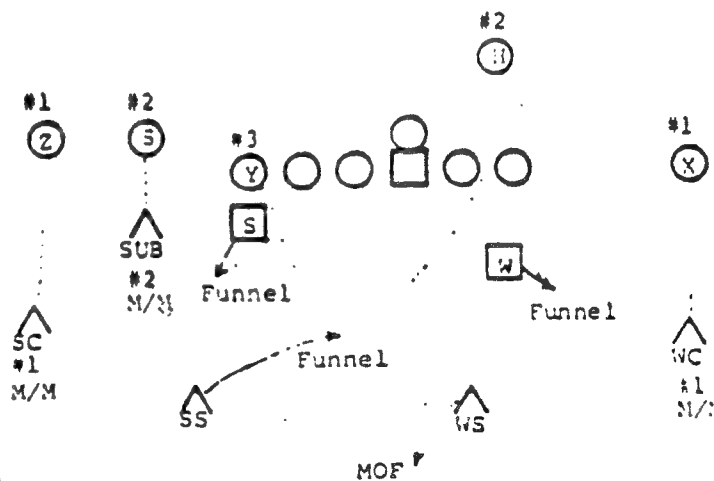
3. GUN LEFT 3



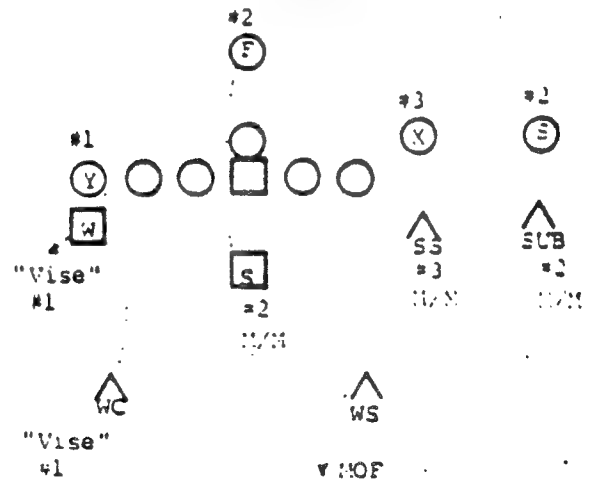
4. DENVER RIGHT 3



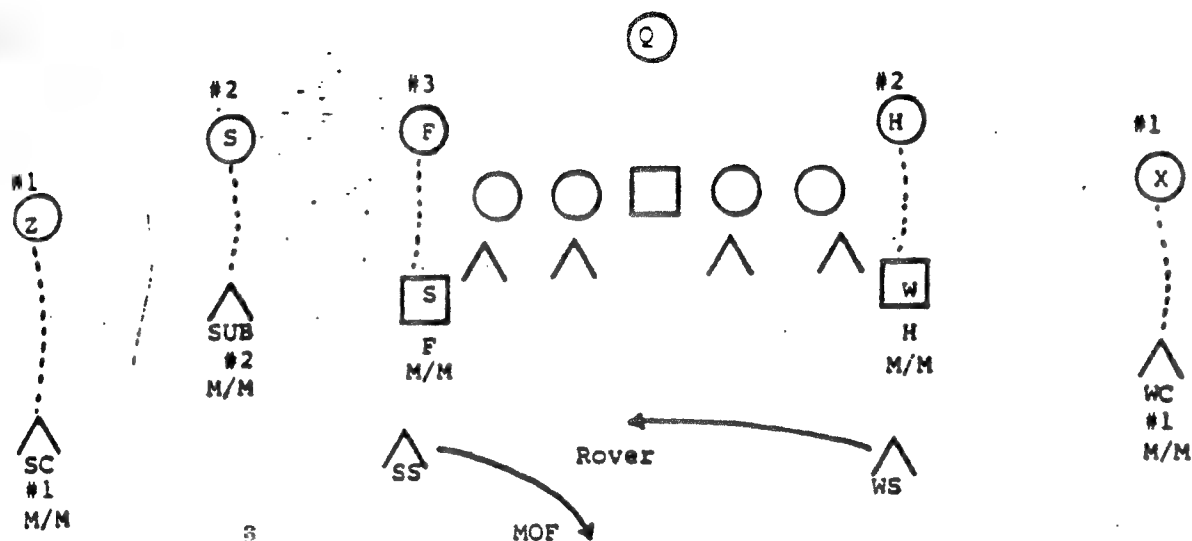
5. FLOOD LEFT 3



6. TRIPS RIGHT 3



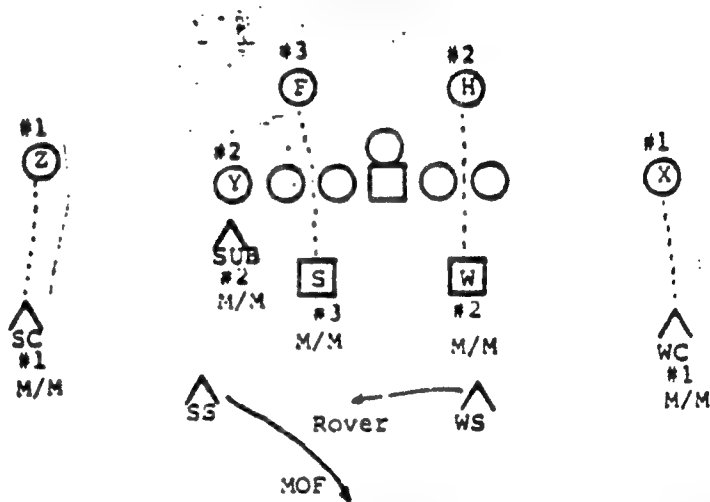
42 COVER #2 MAN ROVER



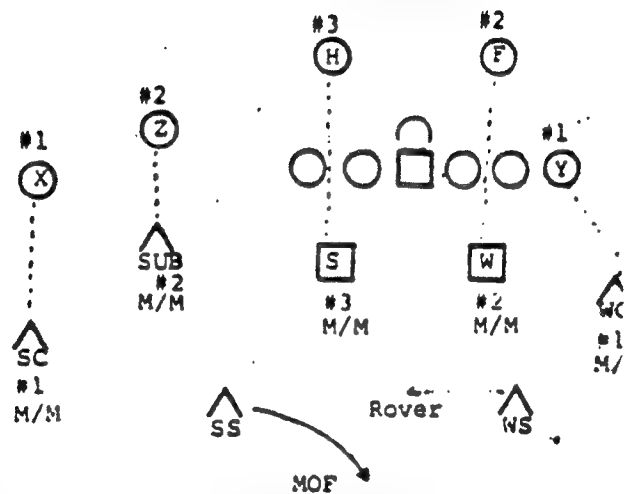
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> & <u>WILL</u>	On #2/#3 3-4 yds. deep	(Thru Linemen) #2 & #3	1. 2 Back - M/M on backs 2. 1 TE & 1 Back - M/M on TE and back CP - Rover & Post help
<u>STRONG</u> <u>CORNER</u>	#1 Bump or Off	#1	1. Cover #1 man/man using outside technique 2. Post & Rover help
<u>SUB</u>	On #2 Bump or Off	#2	1. Cover #2 man/man using outside technique 2. Post & Rover help CP - Poss. "Iowa" call
<u>STRONG</u> <u>SAFETY</u>	Split #2/#3 7-10 yds. deep	QB	1. Cover deep middle, deep as the deepest 2. Guarantee Post help 3. Key ball and read strong to weak progression
<u>WEAK</u> <u>SAFETY</u>	On #2 7-10 yds. deep	#2 strong	1. Slide to center of field 15-18 yds. deep 2. Cover #2 on seam 3. Key ball and read strong to weak progression 4. Help on center cuts, curls
<u>WEAK</u> <u>CORNER</u>	#1 Bump or Off	#1	1. Cover #1 man/man using outside technique 2. Post & Rover help

ADJUSTMENTS COVER #2 MAN ROVER (Match-Up)

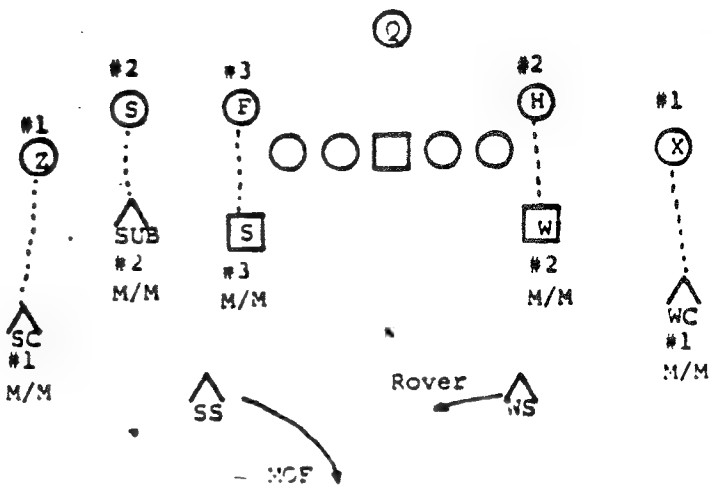
SPLIT LEFT



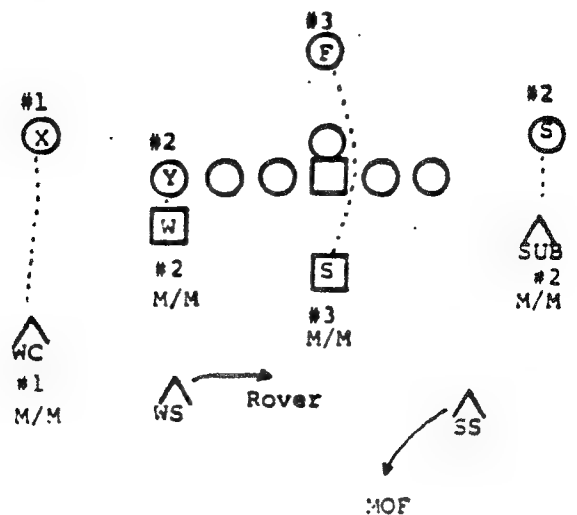
SPLIT RIGHT SLOT



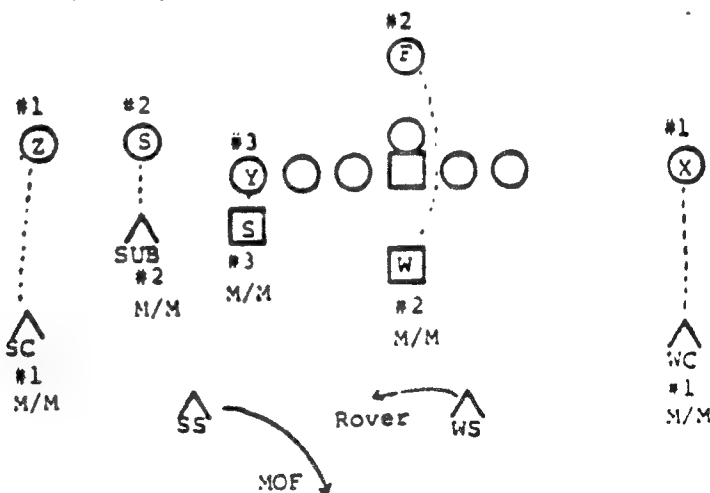
GUN LEFT 3



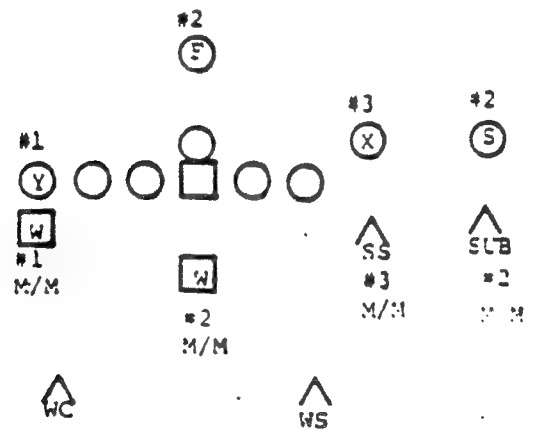
DENVER RIGHT 3



FLOOD LEFT 3



TRIPS RIGHT 3

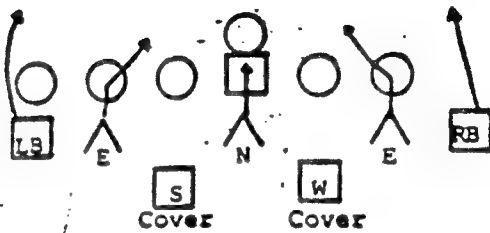


FIRE RUSHES (ZERO)

1.

Fire Fox (Zero)

1.

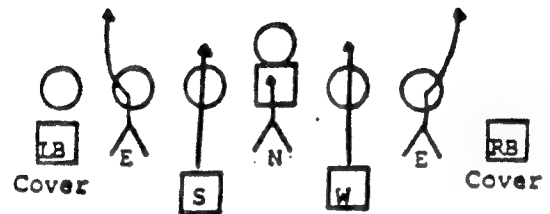


OLB's - 9 Technique - give "Green" call
Ends - 4 Technique - "Green" call
Nose - 0 Technique - Power rush

a

Fire Lion (Zero)

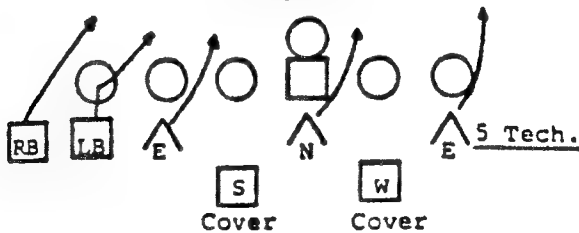
2.



OLB's - 9 Technique - give "Blue" call
ILB's - Run reads - rush inside vs. pass
Ends - 4 Technique - "Blue" call
Nose - 0 Technique - Power rush

Fire Fox Over (Zero) "Roger"

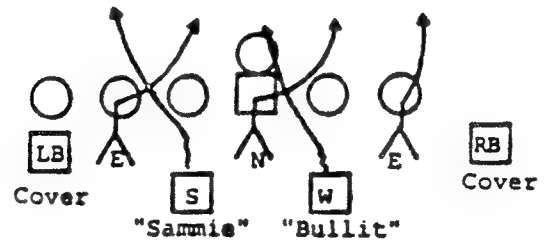
3.



Ends, Nose - run "Roger/Louie" call
B - 6 Technique - rush inside vs. pass
B - 8 Technique on over side - rush outside

Fire Lion (Zero)

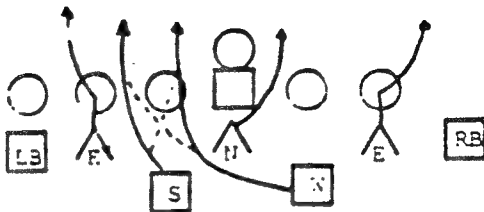
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OLB's - 9 Technique - give "Blue" call
Ends, Nose, ILB's - CP: poss. pass rush games by game plan

Fire Tiger (Zero) From OFF

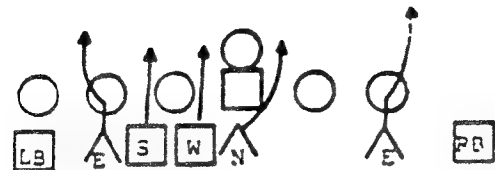
5.



Ends - 4 Technique - "Blue" call
Nose - "Ringo/Lucky" Technique
Sam - Rush B Gap CP: "Cross" - rush A gap
Will - Rush far A Gap CP: "Cross" - rush far A gap

Fire Tiger (Zero) From UP

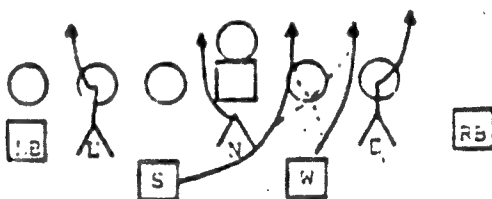
6.



from UP
same assignments
CP: no "Cross" call

Fire Bear (Zero) From OFF

7.

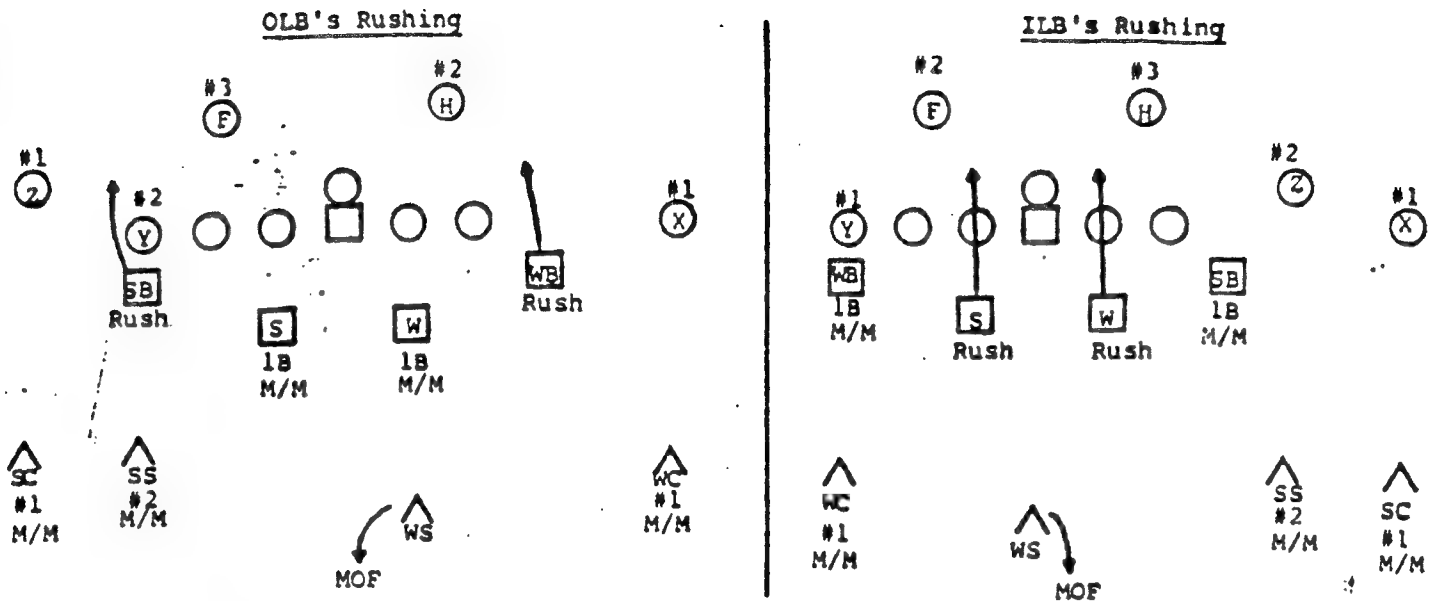


Ends - 4 Technique - "Blue" call
Nose - "Ringo/Lucky" Technique
Will - Rush B Gap CP: "Cross" - rush A gap
Sam - Rush far A Gap CP: "Cross" - rush far A gap

from UP

same assignments
CP: no "Cross" call

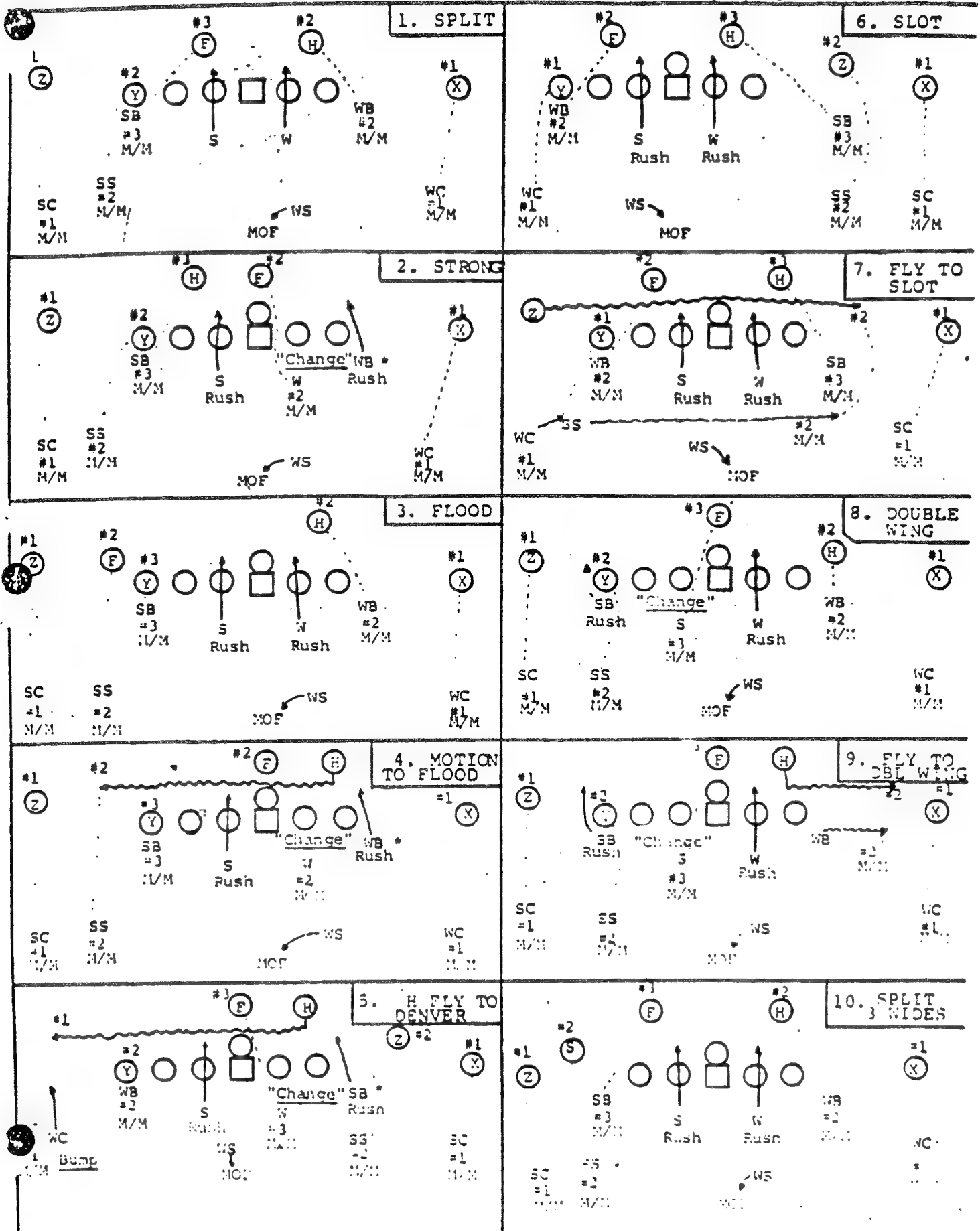
FIRE COVER #0

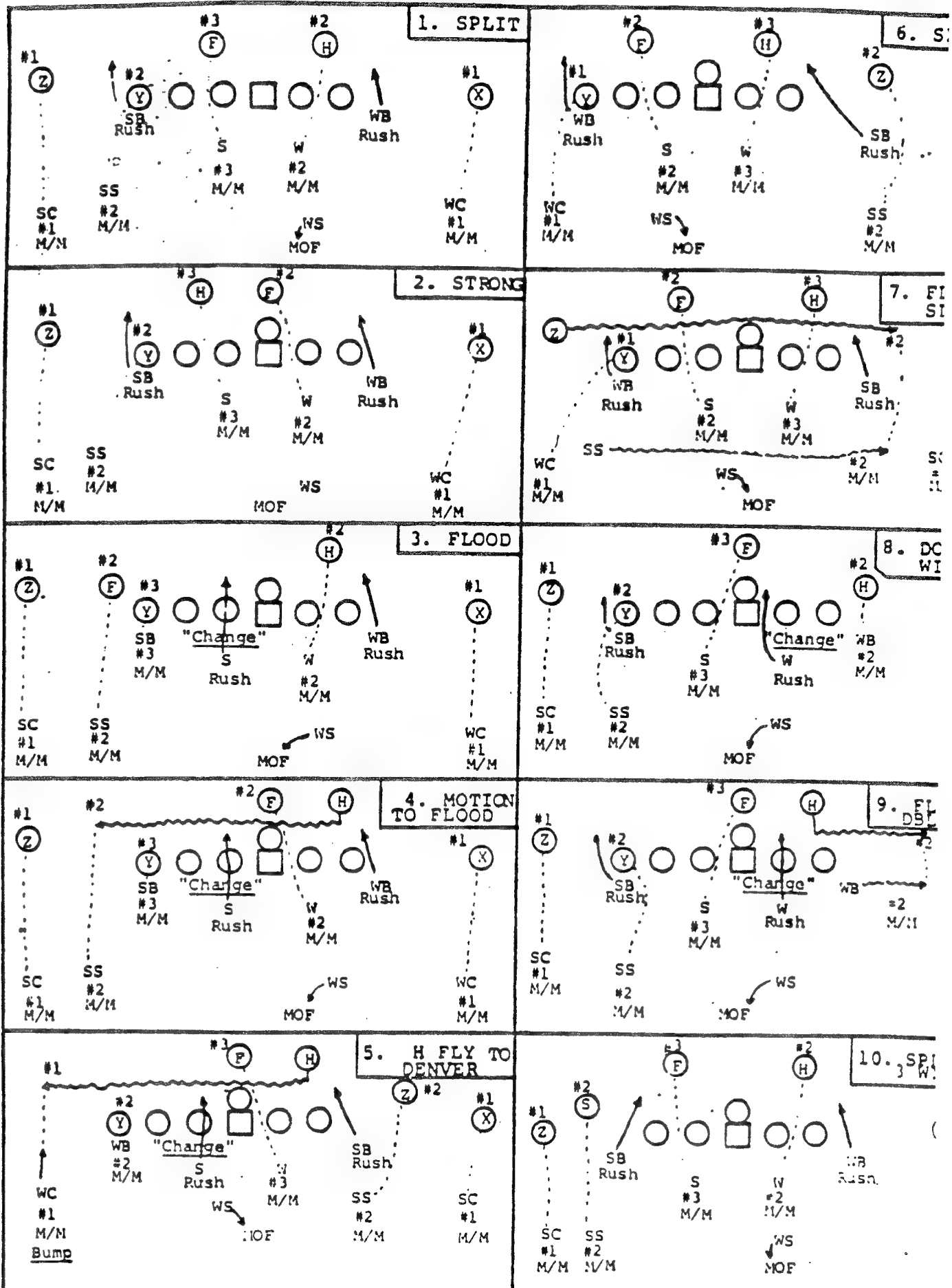


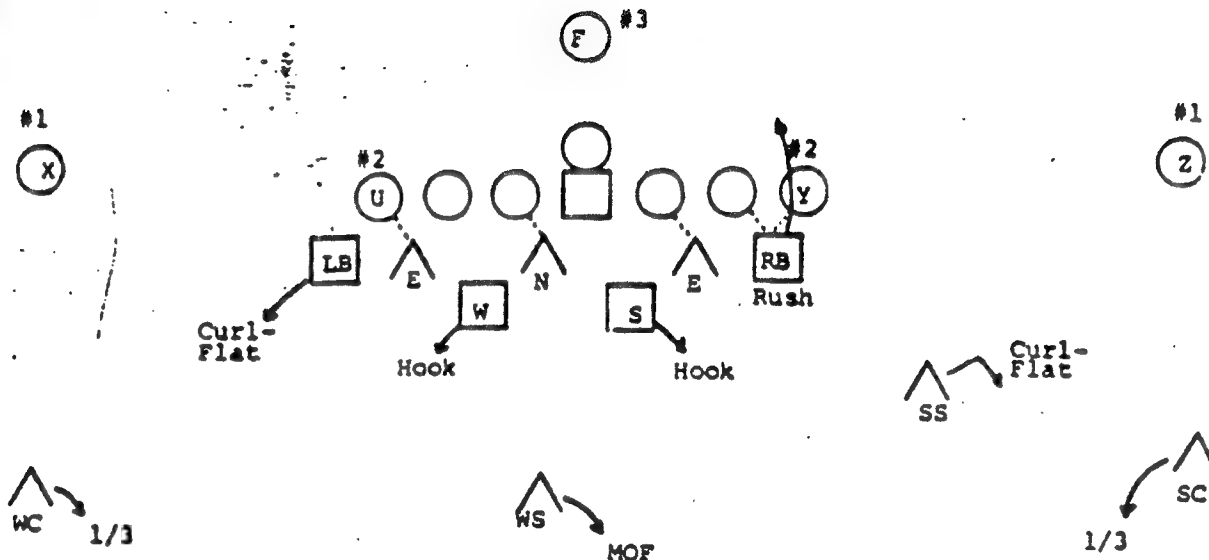
Fire Cover #0 - A Man/Man coverage with a free safety and 2 Linebackers in coverage.
No Flow Rule.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM & WILL</u>	Head Up on Guard 3 1/2-4 yds. deep Poss. "Up" call	Near Back, Guard, QB	<u>Rush Call</u> - Rush - (CP: Alert "change" call) CP: "Up" call - run games from "Up" alignment <u>Coverage</u> -1. Cover near back M/M using trail tech 2. If your coverage blocks, hug. 3. Post help from WS CP: No Flow
<u>STRONG BACKER & WEAK BACKER</u>	9 Technique	(Tight End) Tackle, Near Back, & Guard	<u>Rush Call</u> - be contain rusher (Alert "Change" c. <u>Coverage</u> -1. Cover near back M/M using trail tech 2. If your coverage blocks, hug 3. Post help from WS 4. Poss. "Change" call-CP: open side OLB can lo up and play coverage CP: No Flow
<u>STRONG CORNER</u>	7-10 yds. deep Hash-Split Rule Poss. "Bump" Call	#1	1. M/M on #1 from Off using inside tech. 2. Post help from WS CP: "Bump" - M/M on #1 from Bump using shoulder tech.
<u>STRONG SAFETY</u>	1 yd. outside normal #2 Ins. shoulder vs. Slot/Twin, Y Flex 0-7 yds. deep	Thru #2 to backs	1. M/M on #2 using inside technique. 2. Post help from WS CP: If #2 blocks, hug CP: No Flow
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle	Uncovered lineman & backs	1. Cover deep middle, deep as the deepest 2. Guarantee Post help. Cover #2 on seam 3. Key ball and read QB
<u>WEAK CORNER</u>	7-10 yds. deep Hash-Split Rule Poss. "Bump" Call	#1	1. M/M on #1 from Off using inside technique 2. Post help from WS CP: "Bump" - M/M on #1 from Bump using shoulder tech. CP: Definitely Bump vs. back as #1

* can play it

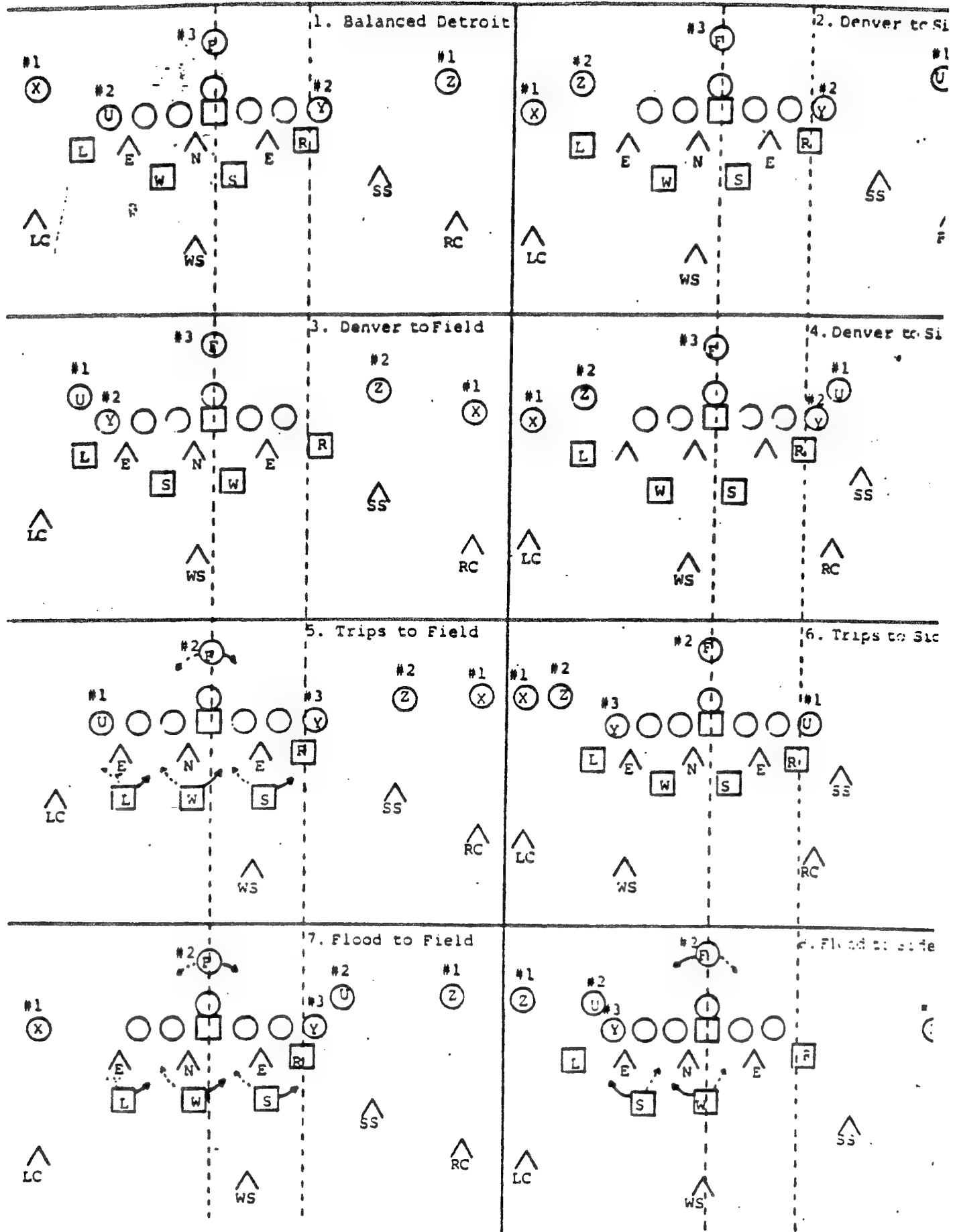




GAP LEFT (Rita)

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>LEFT END</u>	C Gap	Tight End, Tackle	1. 7 Technique 2. Outside rusher vs. pass CP - vs. open end, you are contain - vs. boot, reverse
<u>NOSE</u>	A Gap	Guard CP - "Go"-Ball	1. 1 Technique 2. Inside rusher vs. pass CP - "Go" - Key ball and penetrate A Gap
<u>RIGHT END</u>	B Gap	Guard	1. 3 Technique 2. Inside rusher vs. pass
<u>LEFT LINEBACKER</u>	9 Alignment	Tight End, Tackle, Back	1. 9 Technique - Force CP - vs. 3/1 look to field, stack behind end, favoring the field vs. flow your side, fill off end CP - vs. #1 wide, you cannot be outflanked by a close wing (vs. flood to short side, widen and be force)
<u>SAW & WILL</u>	ILB to Gap Side - B Gap ILB away from Gap Side - A Gap	Thru Guard to back	1. Direct read - think inside CP - vs. 3/1 look to field, stack behind linemen, favoring the field CP - vs. flood to short side, cheat 1 man
<u>RIGHT LINEBACKER</u>	C Gap CP- Inside shoulder of TE	Tight End, Tackle	1. C Gap 2. Outside rusher vs. pass CP - vs. tackle pull, alert boot

GAP LEFT, RITA



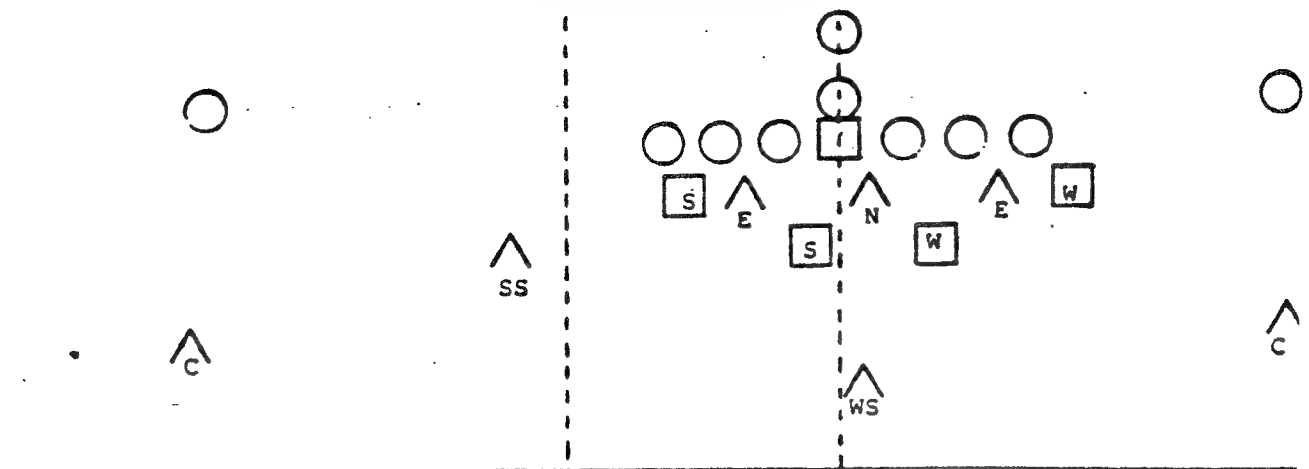
GAP

Gap is a variation of stack defense used vs. 1 back formations only. The lin will be offset in one direction (called left or right), and the coverage will compensate by rotating away from the gap (called Linda or Rita). The gap direction and coverage call stays on regardless of formation, formation stren or movement.

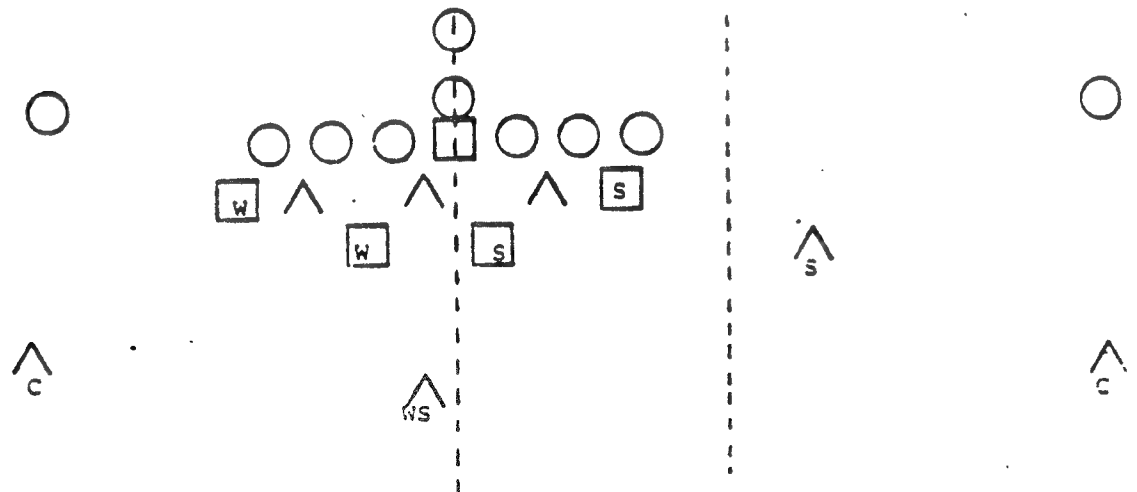
Linemen and outside linebackers will move to gap alignment on "move" call (i.e. show stack alignment and move to gap alignment). If ball is snapped prior to the "move" call, stunt to your responsibility.

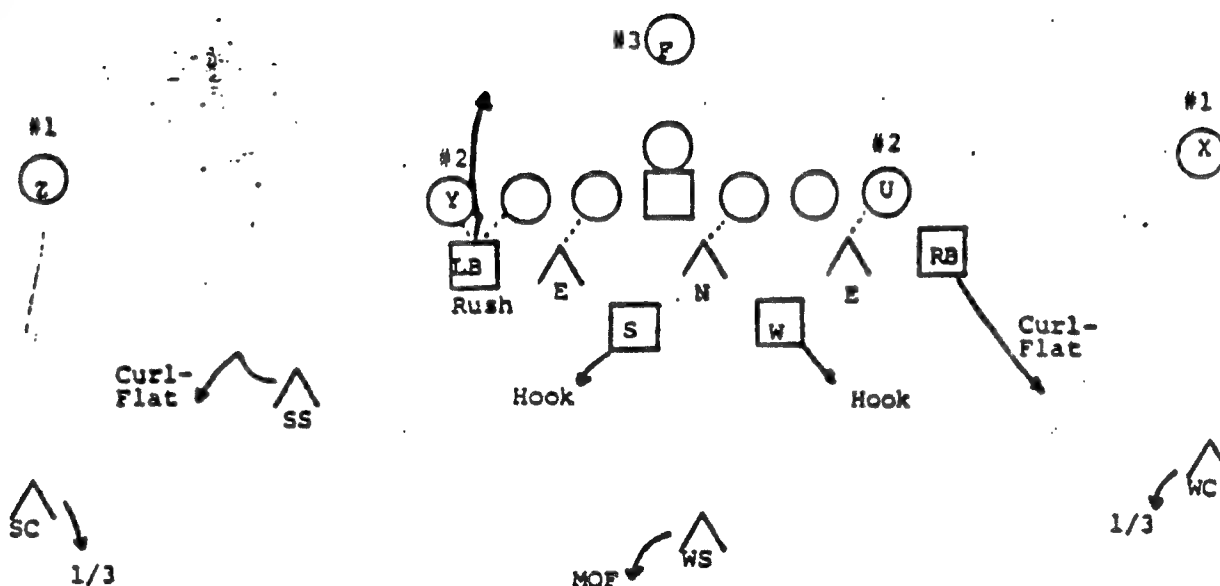
All linebackers must be aware of formations to the field (3/1 Look), because we will make adjustments in an alignment (but not coverage). Safeties must be aware of any 3/1 formations because of adjustments in alignment.

Gap Right, Linda



Gap Left, Rita

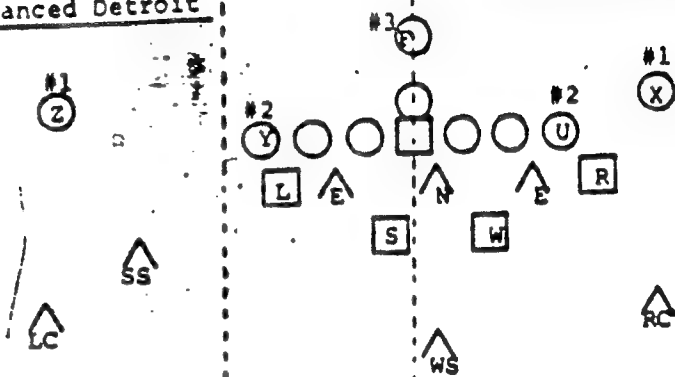


GAP RIGHT (Linda)

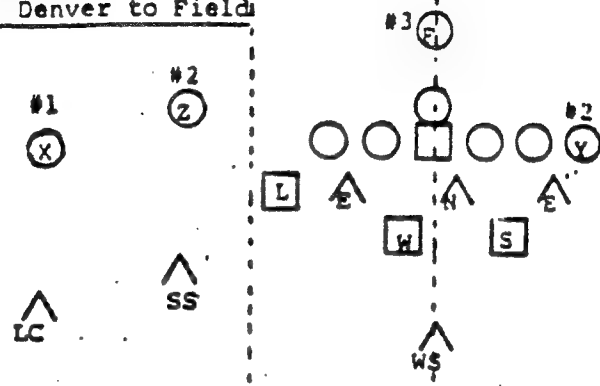
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>LEFT END</u>	B Gap	Guard	1. 3 Technique 2. Inside rusher vs. pass
<u>NOSE</u>	A Gap	Guard CP- "Go" - Ball	1. 1 Technique 2. Inside rusher vs. pass CP - "Go" - Key ball and penetrate A Gap
<u>RIGHT END</u>	C Gap	Tight End, Tackle	1. 7 Technique 2. Outside rusher vs. pass CP - vs. open end, you are contain - vs. boot, reverse
<u>LEFT LINEBACKER</u>	C Gap CP- Inside shoulder of TE	Tight End, Tackle	1. C Gap 2. Outside rusher vs. pass CP - vs. tackle pull, alert boot
<u>SAM</u> <u>WILL</u>	ILB to gap side B Gap ILB away from gap side A Gap	Thru guard to back	1. Direct read - think inside CP - vs. 3/1 look to field, stack behind linemen, favoring the field CP - vs. #1 wide, you cannot be outflanked by a close win (vs. flood to short side, cheat 1 man)
<u>RIGHT LINEBACKER</u>	9 Alignment	Tight End, Tackle, Back	1. 9 Technique - force CP - vs. 3/1 look to field, stack behind end, favoring the field vs. flow your side, fill off end CP - vs. flood to short side, widen and be force

GAP RIGHT, LINDA

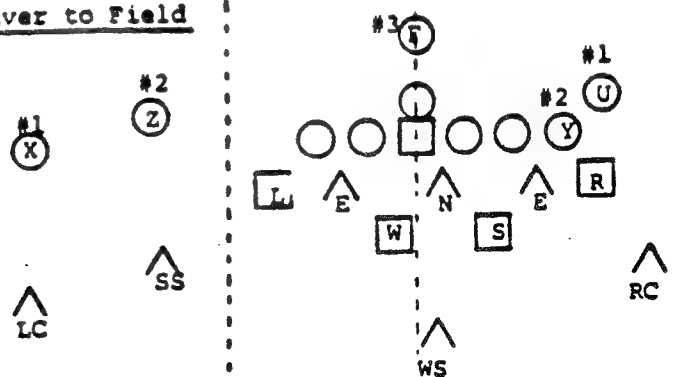
1. Balanced Detroit



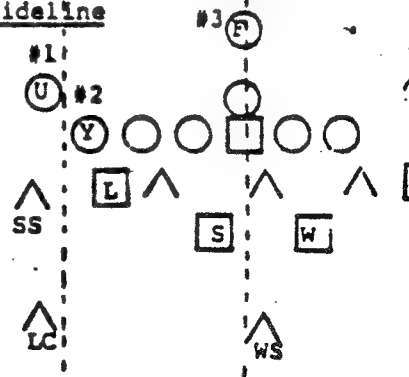
2. Denver to Field



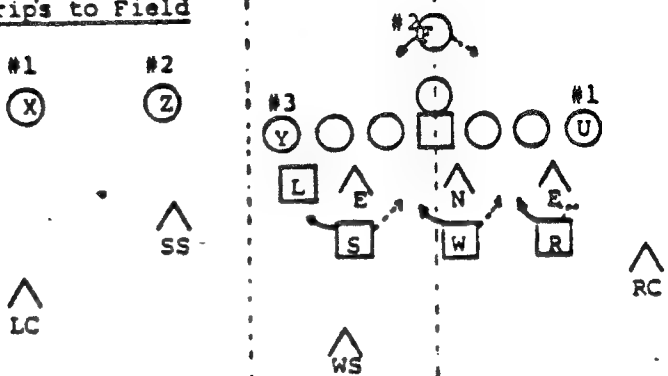
3. Denver to Field



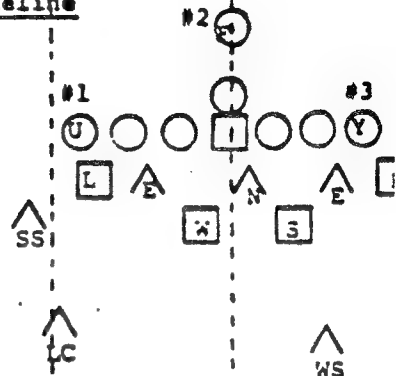
4. Denver to Sideline



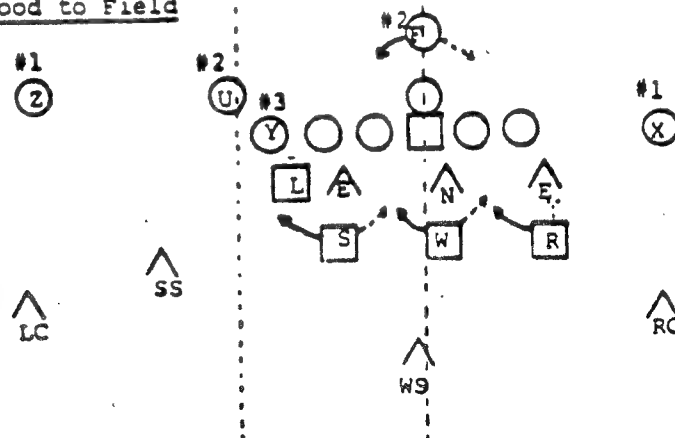
5. Trips to Field



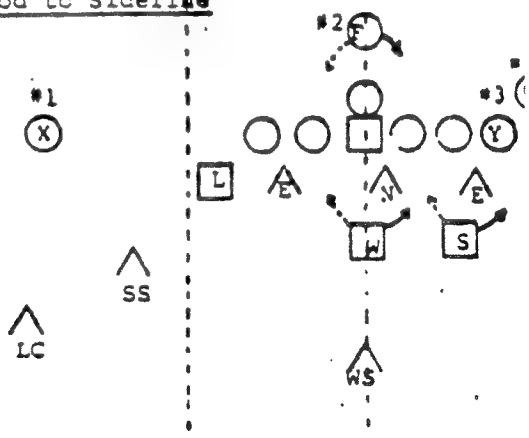
6. Trips to Sideline



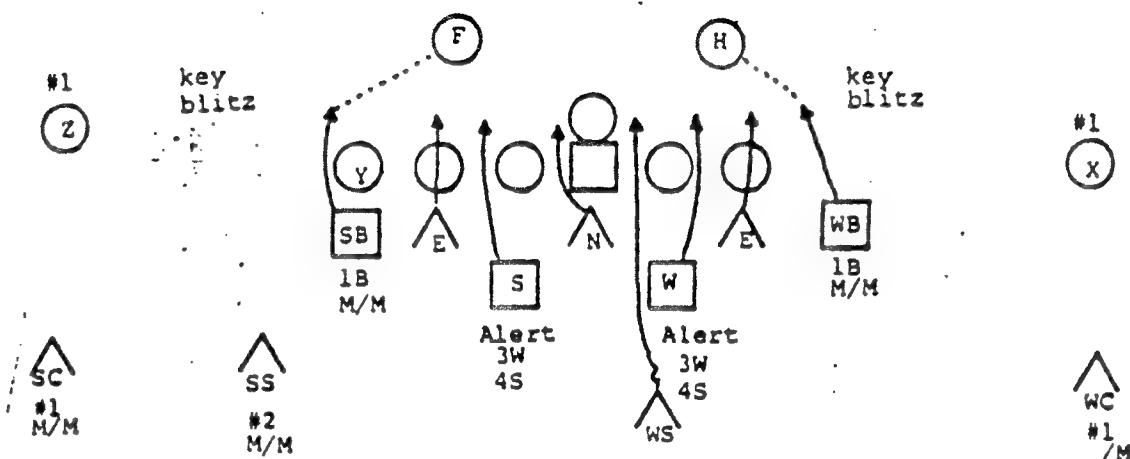
7. Flood to Field



8. Flood to Sideline



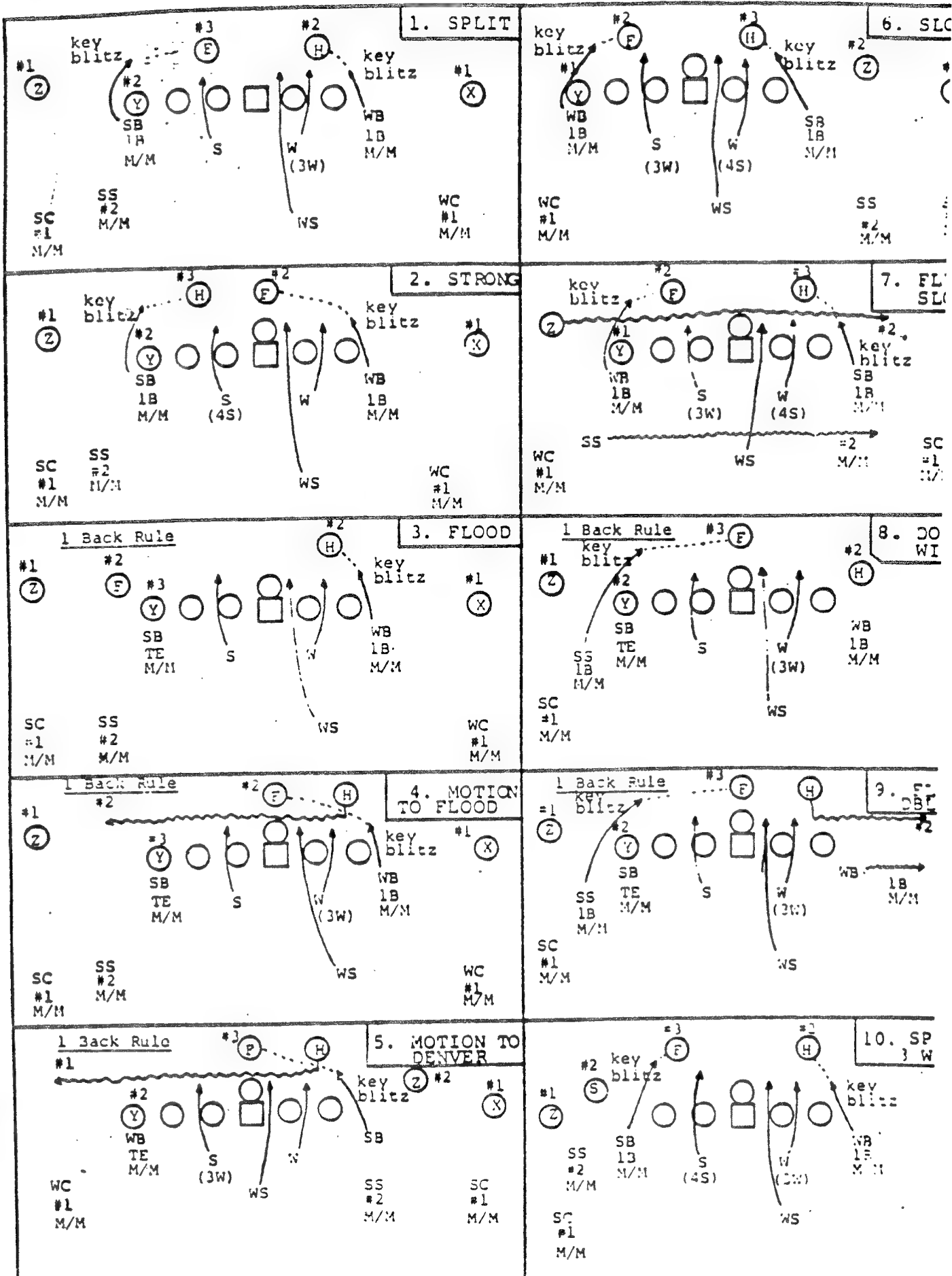
LIGHTNING



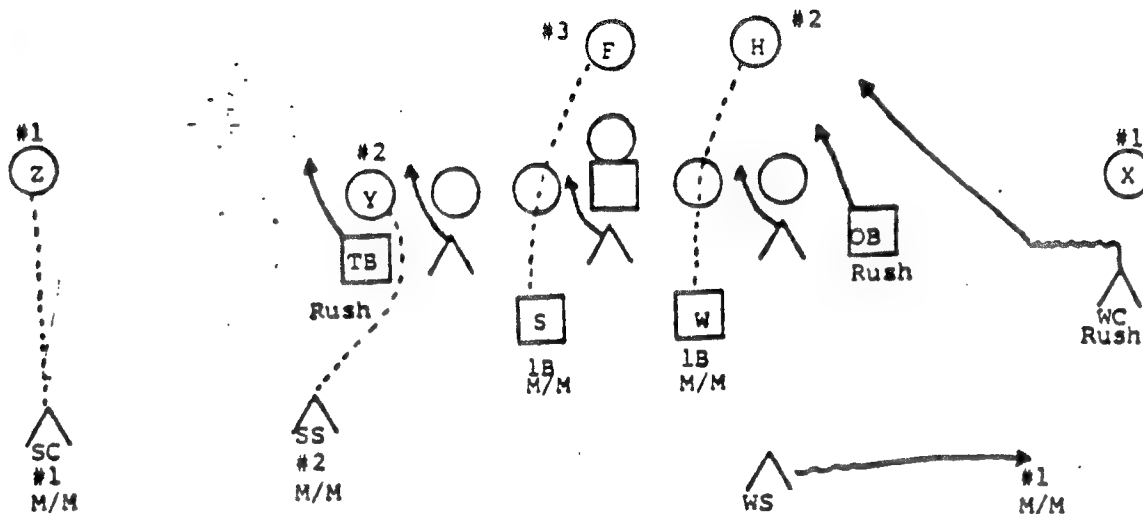
Lightning is set up according to the alignment of the Tight End. Tight End "Left/Right" must be called. Coverage is determined by backfield set and tight end, not strength.

1. No Flow Rule 2. Force Rules - Backer force both sides
 3. 1 Back Rule - OLB on Tight End covers him Man/Man - SS covers #2 receiver.
- If #2 is Tight End, cover near back Man/Man using key blitz technique.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>ENDS</u>	4 or 5 Alignment	Ball	1. Power Rush offensive tackle thru C Gap.
<u>NOSE</u>	0 Alignment	Ball	1. Rush A Gap on tight end side.
<u>SAM</u> <u>WILL</u>	Head up Guard 3 1/2-4 yds. deep	Ball, Near Back	1. Rush B Gap on Your side. 2. If near back blocks inside, use hug tech. on him. C.P.- Alert 4 strong, 3 weak.
<u>STRONG</u> <u>BACKER</u> <u>WEAK</u> <u>BACKER</u>	9 Alignment	Ball, Tight End, Near Back	1. Cover near back M/M - Key blitz tech. 2. If back blocks inside or goes away, become free rusher. 3. 1 Back Rule - OLB on TE covers him M/M. C.P.- Open Side Linebacker-Match up on all back motion/fly.
<u>STRONG</u> <u>CORNER</u> <u>WEAK</u> <u>CORNER</u>	Hash-Split Rule 7 yds. deep C.P. - Alert "Bump"	#1	1. Cover #1 Man/Man Off - Use hard inside technique "Bump" - Use shoulder technique
<u>STRONG</u> <u>SAFETY</u>	3 yds. outside normal TE 0-7 yds. deep Ins. shoulder vs. Y Flex, Slot, Twist	#2	1. Cover #2 M/M using inside technique 2. 1 Back Rule-Cover #2 receiver - if TE is #2, cover near back using key blitz technique- if back blocks inside or goes away, become free rusher.
<u>WEAK</u> <u>SAFETY</u>	4 Head up Wk Guard 0-6 yds. deep on snap	Ball, Uncovered lineman	1. Rush A Gap on open side.



COBRA



Cobra - is a run/play action defense based on the location of the tight end.

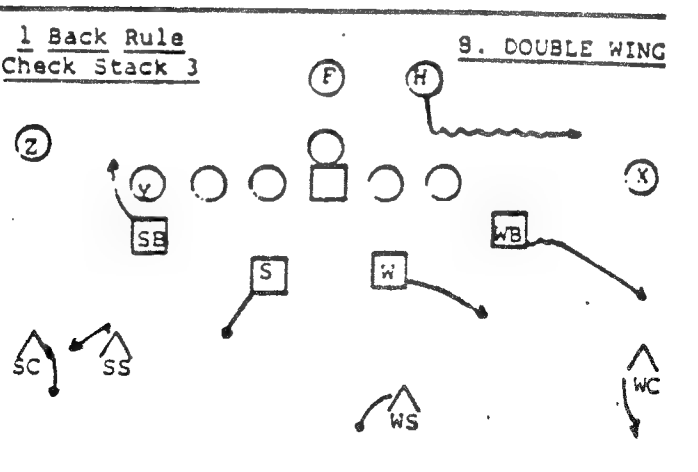
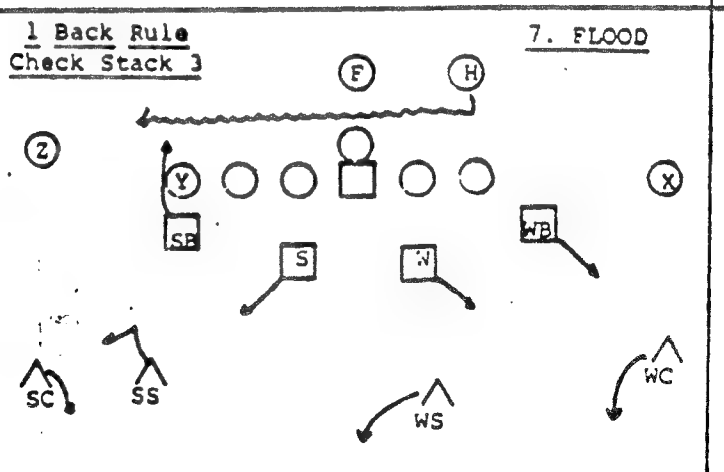
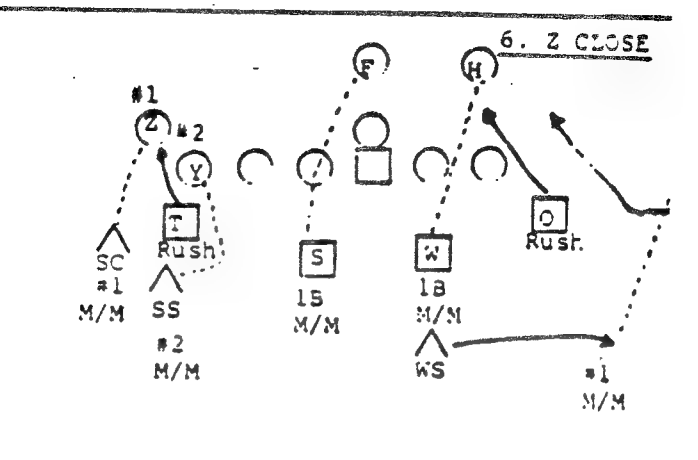
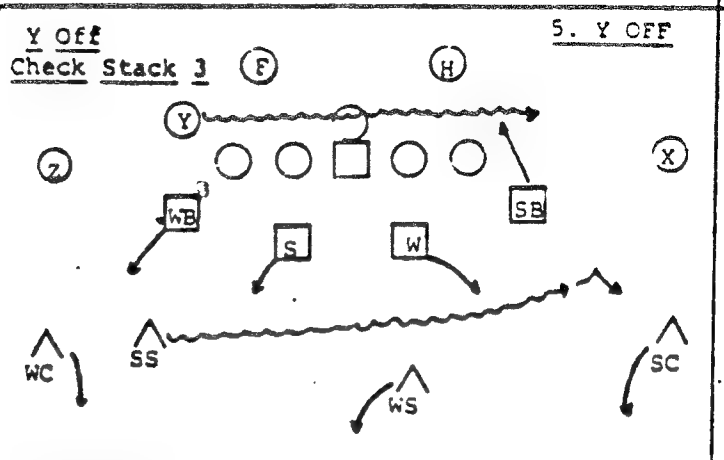
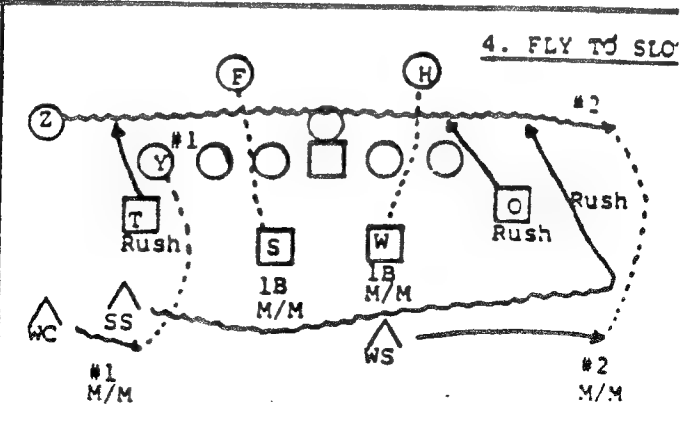
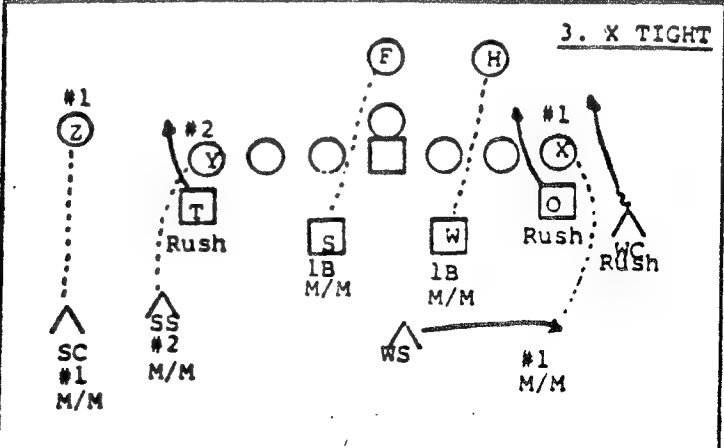
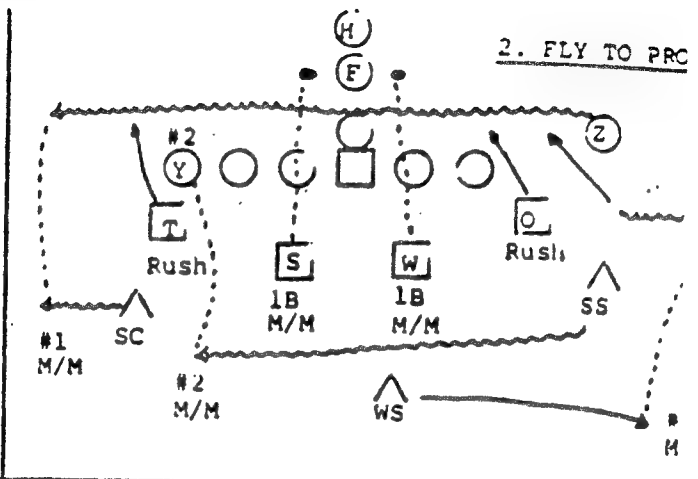
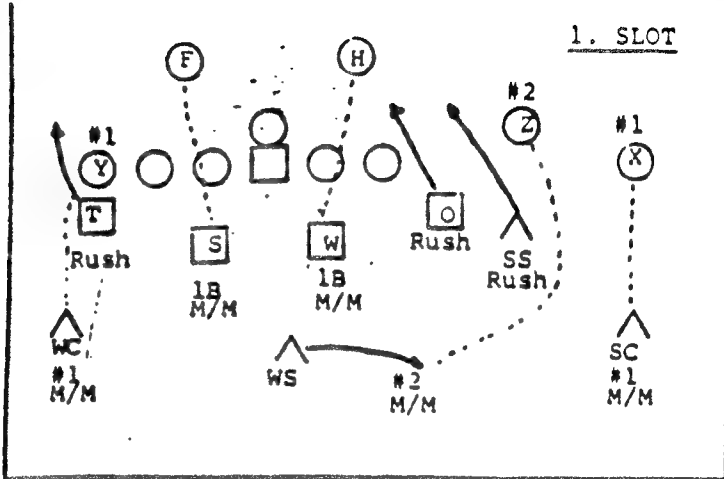
Sam will give a "Roger/Louie" call slanting the line toward the tight end.

The WC/SS away from the tight end will rush.

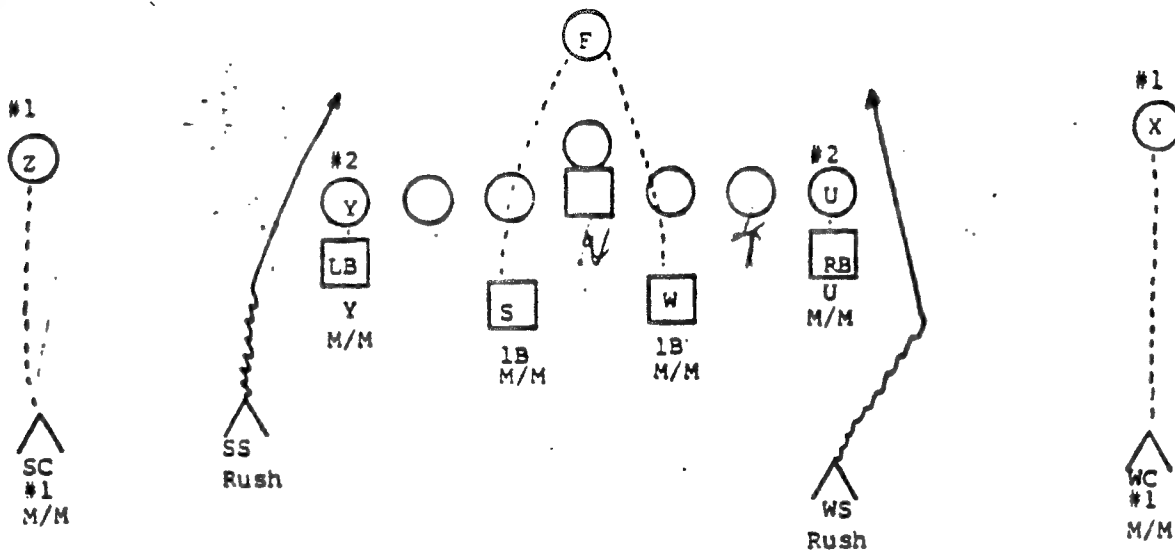
1 Back Rule - Sam and Weak Safety will check Stack 3 vs. any 1 back set or Y off.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>ENDS & NOSE</u>	Same as Stack 3	"Roger/Louie" Technique	1. Run "Roger/Louie" call.
<u>TIGHT SIDE BACKER</u>			1. Play 9 Technique (force) vs. Tight End 2. Be outside rusher vs. pass
<u>SAM & WILL</u>			1. Run "Roger/Louie" call. 2. Man/Man coverage on near back. CP - Sam must make "Roger/Louie" call
<u>OPEN SIDE BACKER</u>			1. Run "Roger/Louie" call. 2. You must come inside vs. pass.
<u>STRONG CORNER</u>	7 yds. deep	#1	1. Cover #1 Man/Man using hard inside technique. 2. Play Cobra from off CP - Alert "Bump" call
<u>STRONG SAFETY</u>		Pro - #2 Slot - Near Back	vs. Pro - 1. Cover #2 Man/Man using outside tech. CP - Y Flex, outside release - use inside tech. vs. Slot - Free blitz. Force vs. run, outside rusher vs. pass. CP - cheat to blitz alignment late
<u>WEAK SAFETY</u>		Pro - #1 Slot - #2	vs. Pro - Cheat to coverage as blitzer moves inside. Cover #1 Man/Man using inside technique. vs. Slot - Cover #2 Man/Man using inside technique.
<u>WEAK CORNER</u>	0-4 yds. deep Cheat to blitz alignment late	Pro - Near Back Slot - #1	vs. Pro - Free blitz. Force vs. run, outside rusher vs. pass. vs. Slot - Cover #1 Man/Man using outside tech. CP - Y Flex, outside release - use inside tech.

ADJUSTMENTS - COBRA



TYPHOON

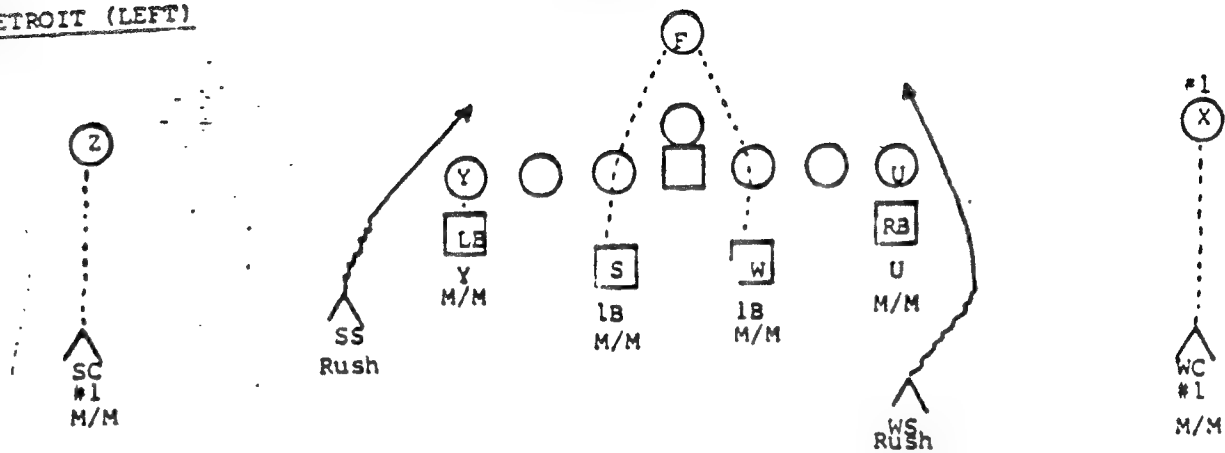


Typhoon - is a pressure defense designed vs. 1 back offenses only. 1 Back rule is obviously built into the defense.

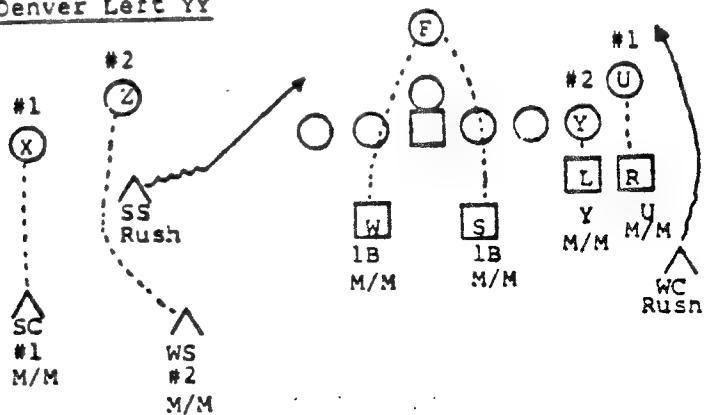
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>LEFT</u> <u>LINEBACKER</u>	Head up Y	Y	1. Man/Man coverage on Y You must prevent quick inside release.
<u>SAM</u> & <u>WILL</u>	Head up Guard 3 1/2-4 yds. deep	Thru guard to back	1. Man/Man coverage on back if he comes your side. 2. Vs. back away, rush. 3. Think inside vs. run - alert cutback.
<u>RIGHT</u> <u>LINEBACKER</u>	Head up U	U	1. Man/Man coverage on U You must prevent quick inside release.
<u>STRONG</u> <u>CORNER</u>	Hash-Split Rule 7 yds. deep poss. "Bump" call	#1 WR	1. Man/Man on #1 WR from off using hard inside tech. "Bump" - man/man on #1 WR using inside tech.
<u>STRONG</u> <u>SAFETY</u>	Same as <u>Stack 3</u>	Thru TE, Tackle to back	1. Free rush. Outside rusher vs. pass. Force vs. run CP - "You/Me" call vs. Close Wing
<u>WEAK</u> <u>SAFETY</u>	Pro - 5-7 yds. deep On widest line man Slot-in position to cover #2	Pro-Thru TE, Tackle to back Slot-#2 WR	Pro - 1. Free rush. Outside rusher vs. pass. Force vs. run. Slot/Twin - 1. Man/Man on #2 WR using inside tech.
<u>WEAK</u> <u>CORNER</u>	Hash-Split Rule 7 yds. deep poss. "Bump" call	Pro-#1 WR Slot-Thru TE Tackle to back	Pro - 1. Man/man on #1 WR from off using hard inside tech. "Bump" - man/man on #1 WR using inside tech. Slot/Twin - 1. Free rush. Outside rusher vs. pass. Force vs. run.

ADJUSTMENTS - TYPHOON

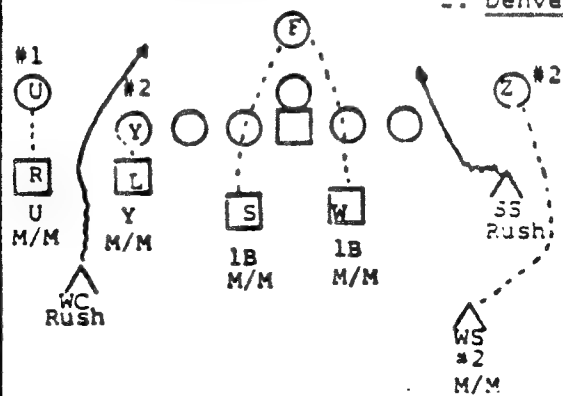
DETROIT (LEFT)



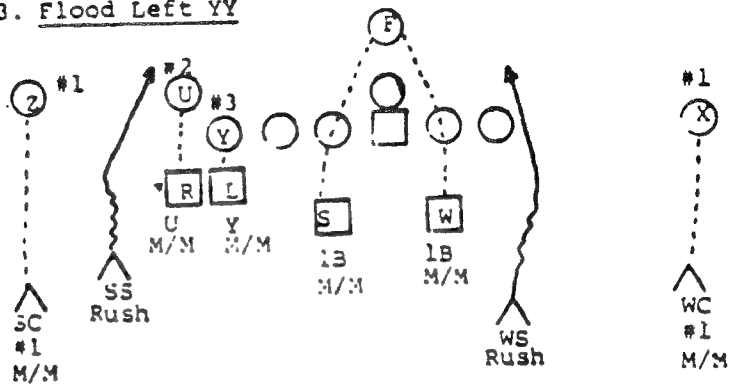
1. Denver Left YY



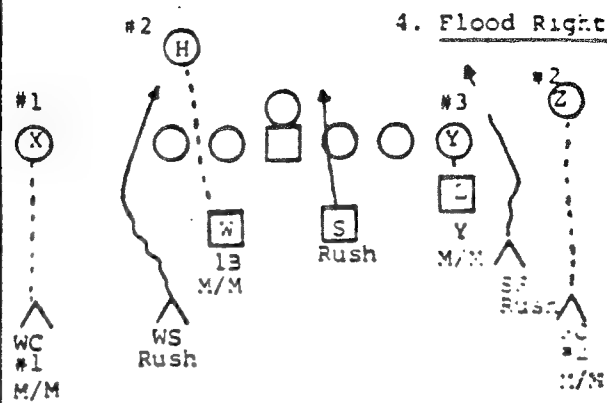
2. Denver Rd:



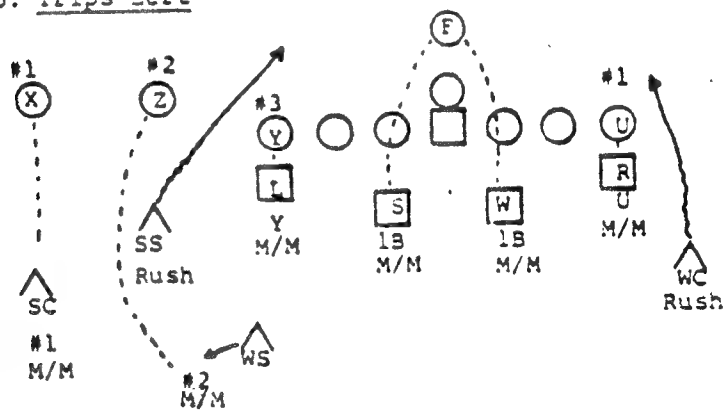
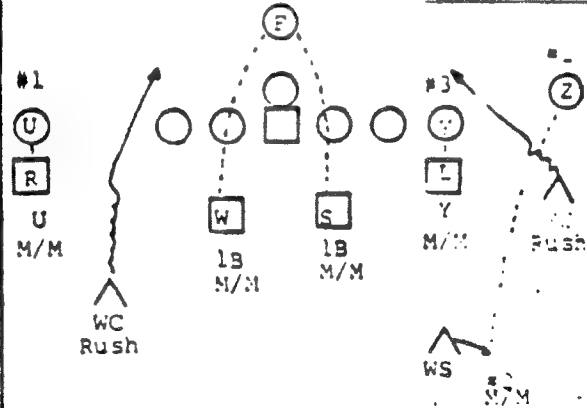
3. Flood Left YY



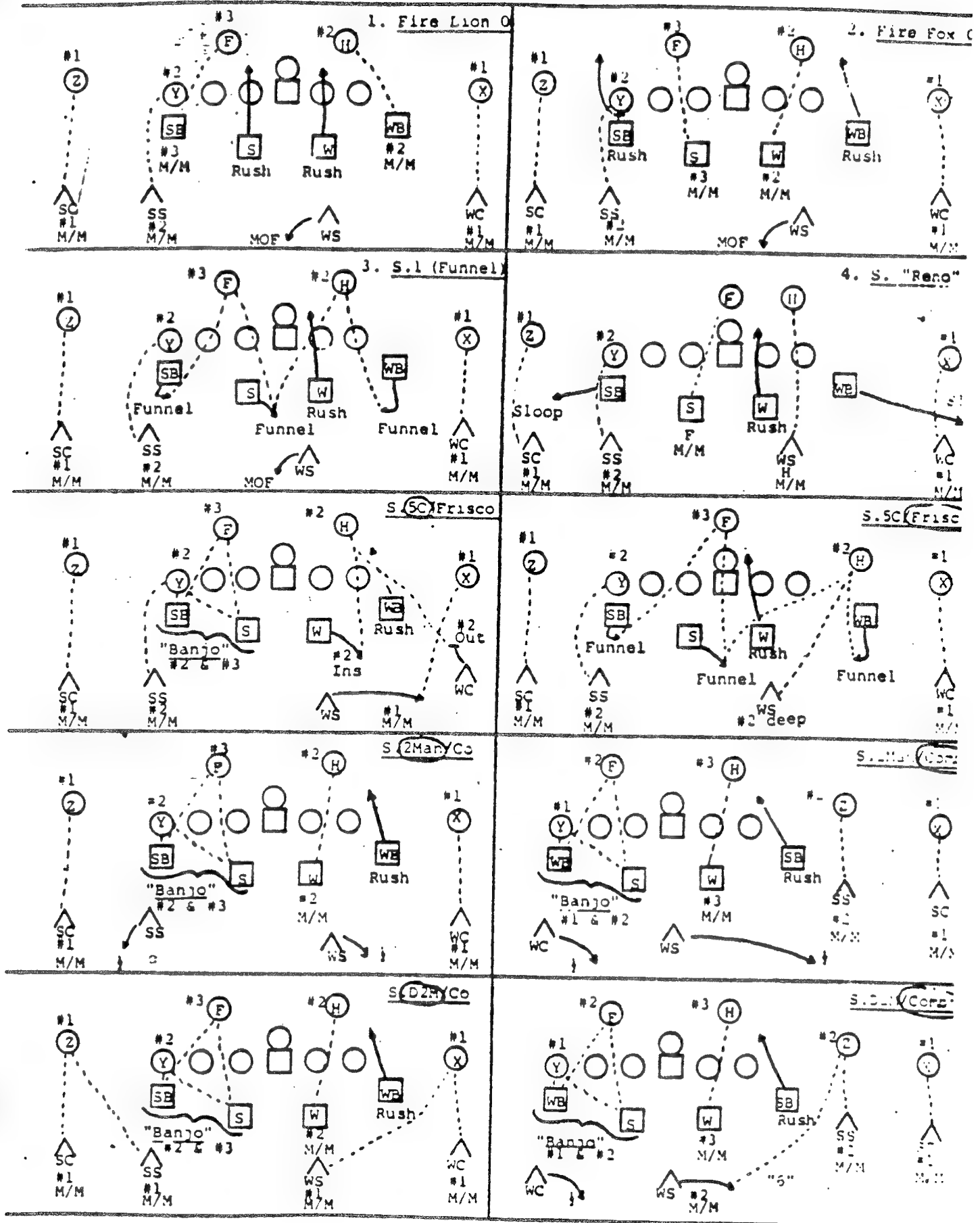
4. Flood Right U



5. Trips Left

6. Final Report

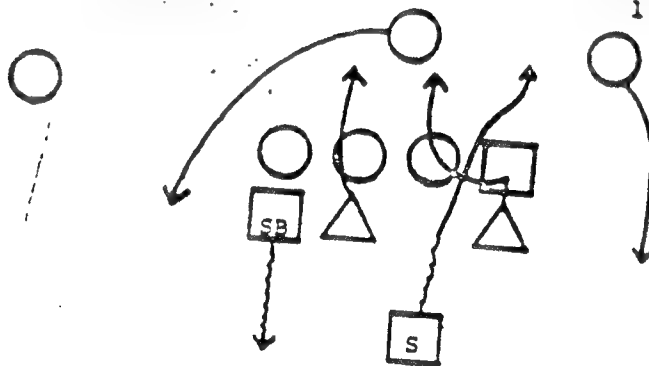
MAN/MAN COVERAGES



STRONG BULLIT vs. PASS

BULLIT (CALL MADE BY ILB)

(PASS STUNT)

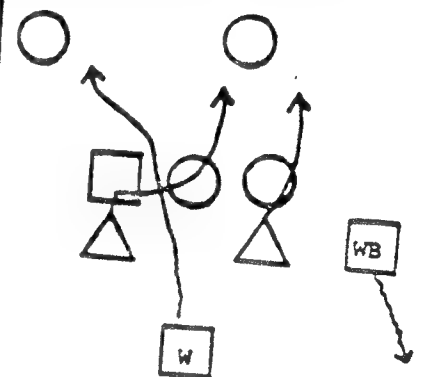


C.P. - In order to have strongside Bullit, Sam must be in rush. Can be run from "Up" or "Off".

SAM - Rush near A Gap working to far A Gap.

NOSE - Engage - let Sam clear, come back strong.

WEAK BULLIT vs. PASS

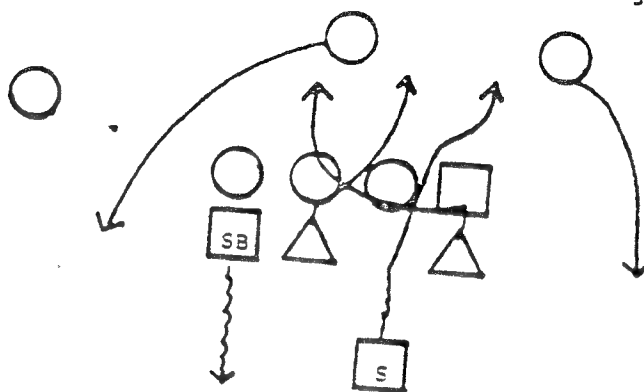


C.P. - In order to have weakside must be in rush. Can be "Up" or "Off".

WILL - Same as SAM.

NOSE - Engage - let Will clear, weak.

STRONG BULLIT WITH YOU vs. PASS

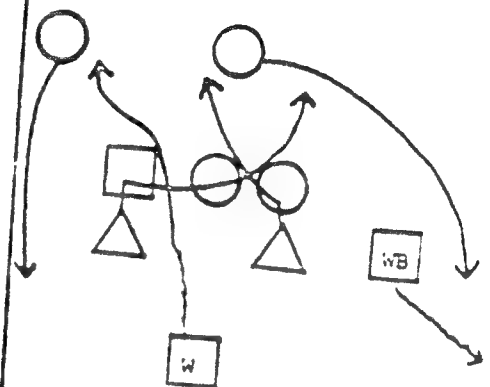


SAM - Same as Bullit.

END - You game.

NOSE - Flash or engage - let Sam & End clear, come around strong & contain.

WEAK BULLIT WITH YOU vs. PASS



WILL - Same as Bullit.

END - You game.

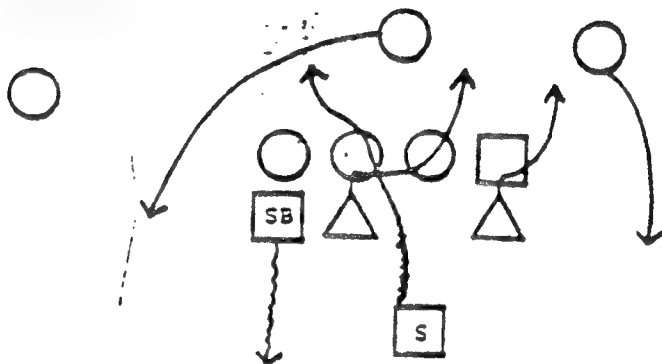
NOSE - Flash or engage - let end & come around weak & contain.

SAMMIE & WILLIE (CALL BY ILB)

(PASS STUNT)

SAMMIE VS. STRONGSIDE PASS

1



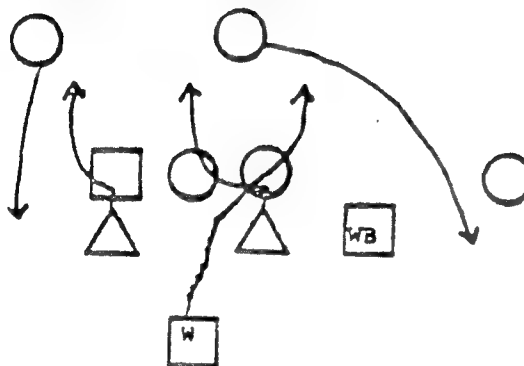
C.P. - In order to have a Sammie, Sam LB must be in the rush, can be run from "Up" or "Off".

SAM - Burro into inside shoulder of OT,
pick him off, work for contain rush.

END - Engage OT - let ILB clear - come around -
inside rusher strong.

WILLIE Vs. WEAKSIDE PASS

2



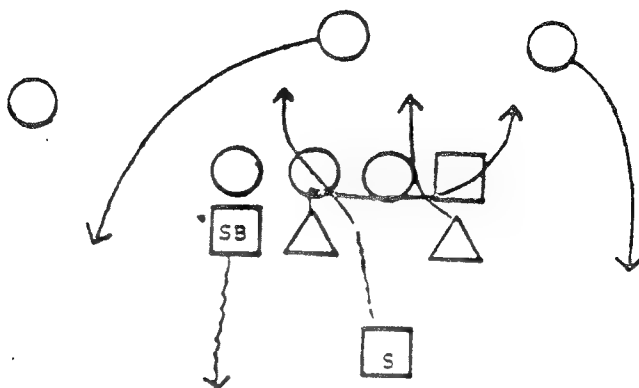
C.P. - In order to have a Willie, Will must be in the rush, can be run from "Up" or "Off".

WILLIE - Burro into inside shoulder of OT,
pick him off, work for contain rush.

END - Engage OT - let ILB clear - come around -
inside rusher weak.

SAMMIE WITH A "ME" - STRONGSIDE PASS

3



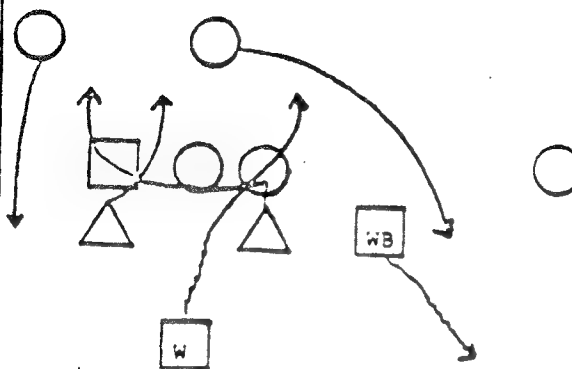
SAM - Same as Sammie.

END - Engage OT - let ILB and Nose clear - come around - inside rusher weak.

NOSE - "Me" game strong.

WILLIE WITH A "ME" - WEAKSIDE PASS

4



Will - Same as Willie.

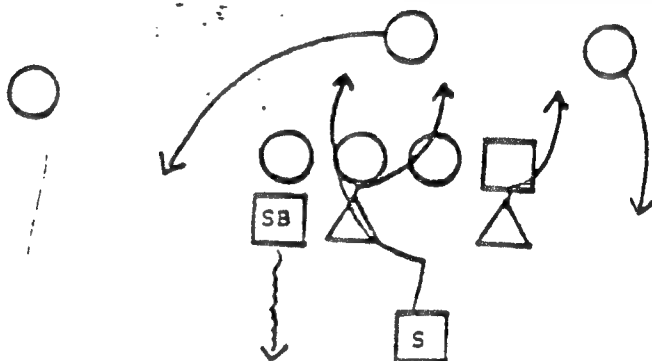
END - Engage OT - let ILB and Nose clear -
come around - inside rusher strong.

NOSE - "Me" game weak.

SCRAPE (CALL BY INSIDE LB) PASS GAME (PASS STUNT)

STRONG SCRAPE Vs. PASS

1

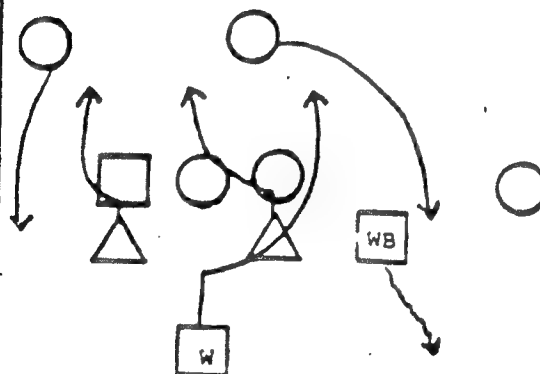


C.P. - In order to have Strong Scrape, Sam must be in rush - Can run "Up" or "Off" also can Read It.

SAM - Start at guard, scrape around end, contain rush.

END - Flash or engage OT - Penetrate B Gap - Work across Fan block - Inside rusher strong.

WEAK SCRAPE Vs. PASS



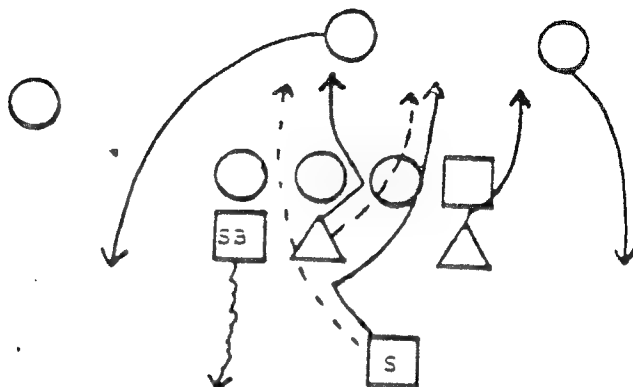
C.P. - In order to have a Weak Scrape, W must be in rush - Can run "Up" or "Off" also can Read It.

WILL - Start at guard, scrape around end, contain rush.

END - Flash or engage OT - Penetrate B G - Work across Fan block - Inside rusher weak.

STRONG SCRAPE (READ) Vs. PASS

3



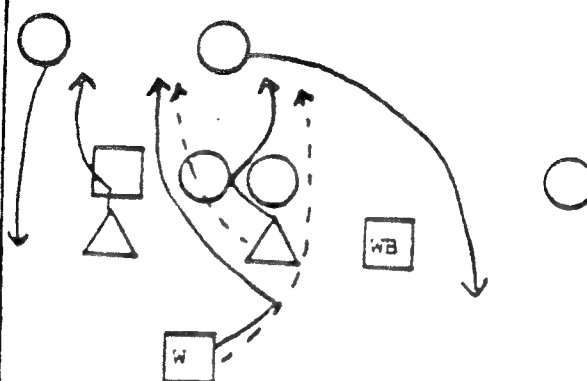
Man or Zone Blocking

SAM - Start to scrape, read guard, if guard comes out for you, continue. If guard blocks end, go back inside.

END - Rip for guard, if he pulls out, continue. If he blocks you, grab and fade outside.

WEAK SCRAPE (READ) Vs. PASS

4



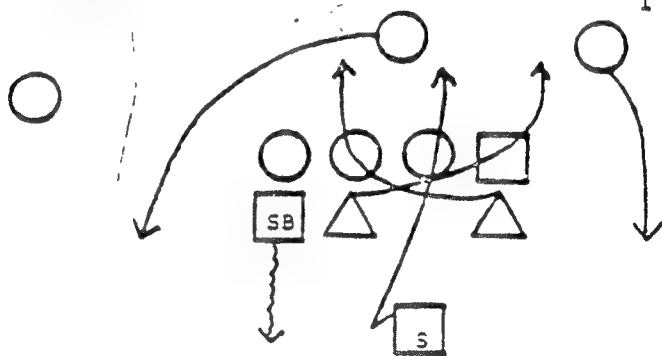
Man or Zone Blocking

WILL - Start to scrape, read guard, if guard comes out for you, continue. If guard blocks end, go back inside.

END - Rip for guard, if he pulls out, continue. If he blocks you, grab and fade out.

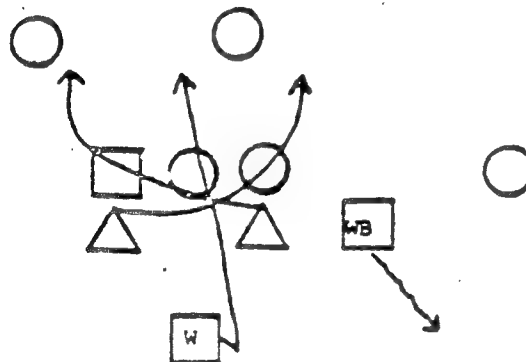
SINK IT WITH BACKER TRAP (LB MAKES CALL) (PASS STUNT)

STRONG SINK IT - BACKER TRAP



- C.P. - In order to run a Sink It with a Trap, Sam must be in rush.
- END - No Flash, go all way to center, be inside rusher weak.
- NOSE - Set off line a little, no flash, come around, be contain rush strong.
- SAM - Start short pass drop, let lineman clear, rush QB.

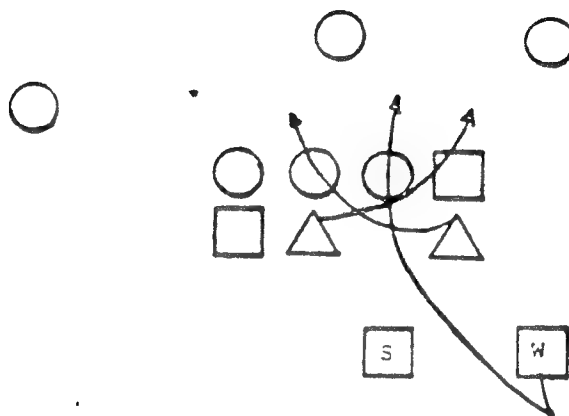
WEAK SINK IT - BACKER TRAP



- C.P. - In order to run a Sink It with a Trap, Will must be in rush.
- END - No Flash, go all way to center, be inside rusher weak.
- NOSE - Set off line a little, no flash, come around, be contain rush strong.
- WILL - Start short pass drop, let lineman clear, rush QB.

STRONG SINK IT - BACKER TRAP

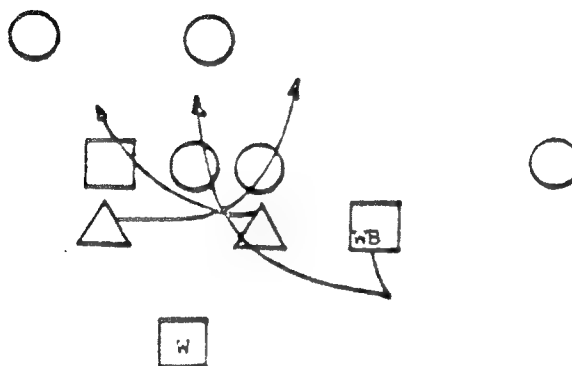
3.



- END - Strong Sink It
- NOSE - Strong Sink It
- WILL - Start short pass drop, let linemen clear, rush QB.

WEAK SINK IT - BACKER TRAP

4.



- END - Weak Sink It
- NOSE - Weak Sink It
- WEAK BACKER - Start short pass drop, let linemen clear, rush QB.

LINEBACKER INDIVIDUAL SECTION

Pages 2-7 . . . Philosophy, Digit System, Force Rules,
Rules for Rush by Coverage

Pages 9-14 . . . Outside linebacker keys and techniques

Pages 15-25 . . . Inside linebacker reads and keys

Pages 26-38 . . . Linebacker stunts and games

Pages 39-51 . . . Pass defense information

LINEBACKER PHILOSOPHY

The following elements are necessary for successful individual and group effectiveness at the linebacker position.

1. Get in condition - all of the key ingredients for effective play specifically - concentration, pursuit, ability to play blockers, quickness in coverage will disappear if your not in condition.
2. Prepare to win - everyone cares about winning, every one says they want to win and most do - however, only those who prepare to win have a chance.
 - a. Condition
 - b. Practice habits and effort
 - c. Study defenses and film
3. Concentration and learning - human nature is such that concentration and learning ceases when:
 - a. Attention or interest relax
 - b. You feel you already know
 - c. Your attention is somewhere else

Keep you attention in meetings and practice on the subject matter.

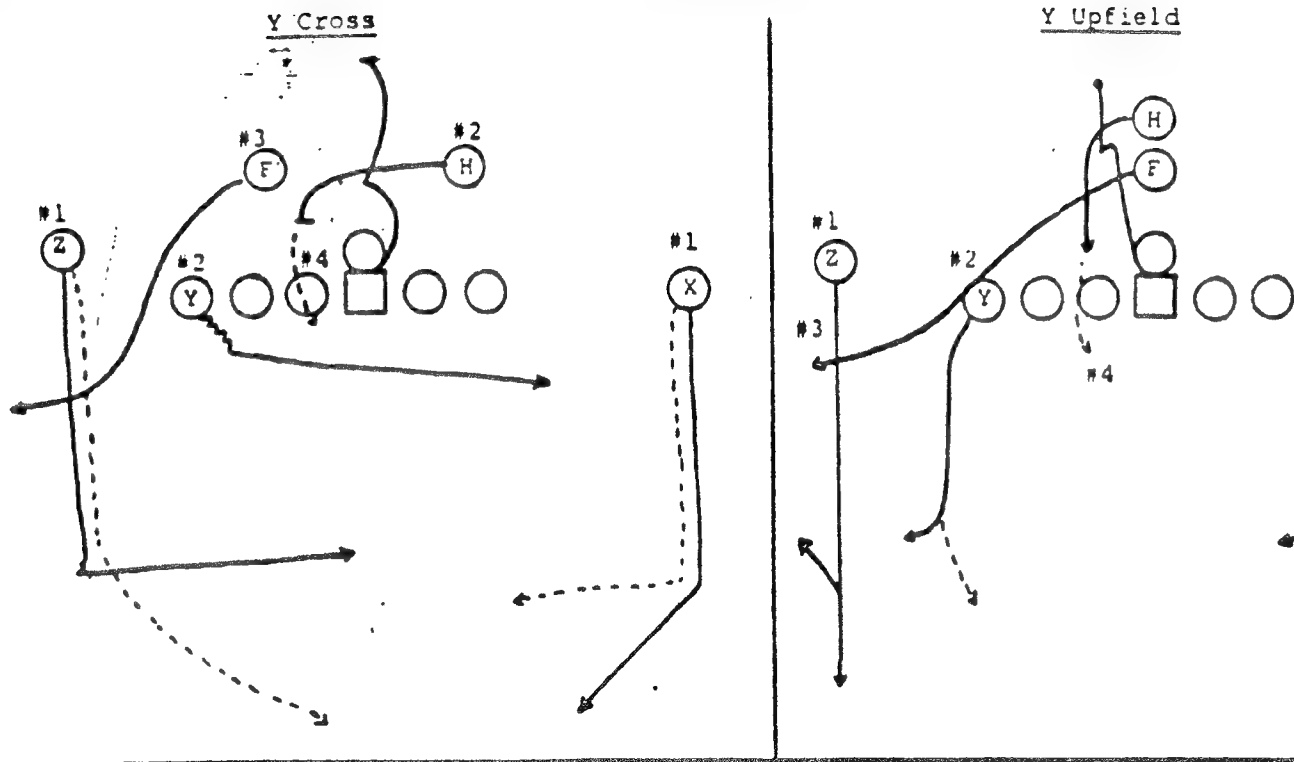
4. Main idea - the idea on defense is still to get the guy with the ball. Some players forget this. Everything you do should be geared for that 1 thing.

FUNDAMENTAL PRINCIPALS

1. Down and distance
 1. Know the defense
 2. Get lined up correctly
 3. Make necessary calls
 4. Make formation adjustments
 5. Get in good stance
 6. Read your key
 7. React to key
 8. Disengage blockers
 9. Pursuit to ball
 10. Tackle
1. Down and distance - be in the game - look at chains, know the situation.
 1. Know the defense - everything starts here - If you are unaware you can't possibly execute your responsibility. Listen! See!
 2. Line up correctly - be disciplined to use proper alignment - head up, outside shoulder. Be exact - proper depth. Don't guess.
 3. Make calls - some of the other people on our defense depend solely on your call. Make the correct call - I'm off, I'm on - Change etc.

4. Adjust to formations - in the NFL there has been an ever increasing use of multiple formations. Yards are being gained because of improper adjustments as mistakes defensively. Spend time studying multiple formations each week. Prepare.
5. Stance - as fatigue sets in or long yardage shows up, stances usually deteriorate. Bend from the waist, cover blocking area - don't elevate yourself on the snap. Poor stances limit even the most gifted athletes.
6. Keys - keys are simply an index to provide direction for you. Look at them closely as you watch film. Concentrate on them in games be aware of cheats and stance variations.
7. Reaction to key - LB's get blocked on the first two steps. React immediately to key - attempt to clear blockers. Delayed reaction get you blocked.
8. Disengage blockers - this is the single most important item in stopping running plays. Use hands, shoulders, flippers - drop steps, etc. LB's who stay glued to blockers can't play.
9. Pursuit - this is all effort - get to ball - run, hustle, avoid traffic. Take correct angle - give yourself a chance. Be relentless on pursuit. LB's who won't pursue every play are liabilities rather than assets.
10. Tackle - run thru ball carrier, hit on the rise, lock your arms don't relax. Avoid 2 way situations if possible. Keep head up.

LINEBACKER FLOW



Flow is defined as both backs going toward the tight end side in a pro formation. Most teams combine their strongside running game with a combination of play action passes. We will defend these running plays with our normal defensive scheme. The flow passes will be defended by pattern recognition and will be defended by these general assignments and responsibilities.

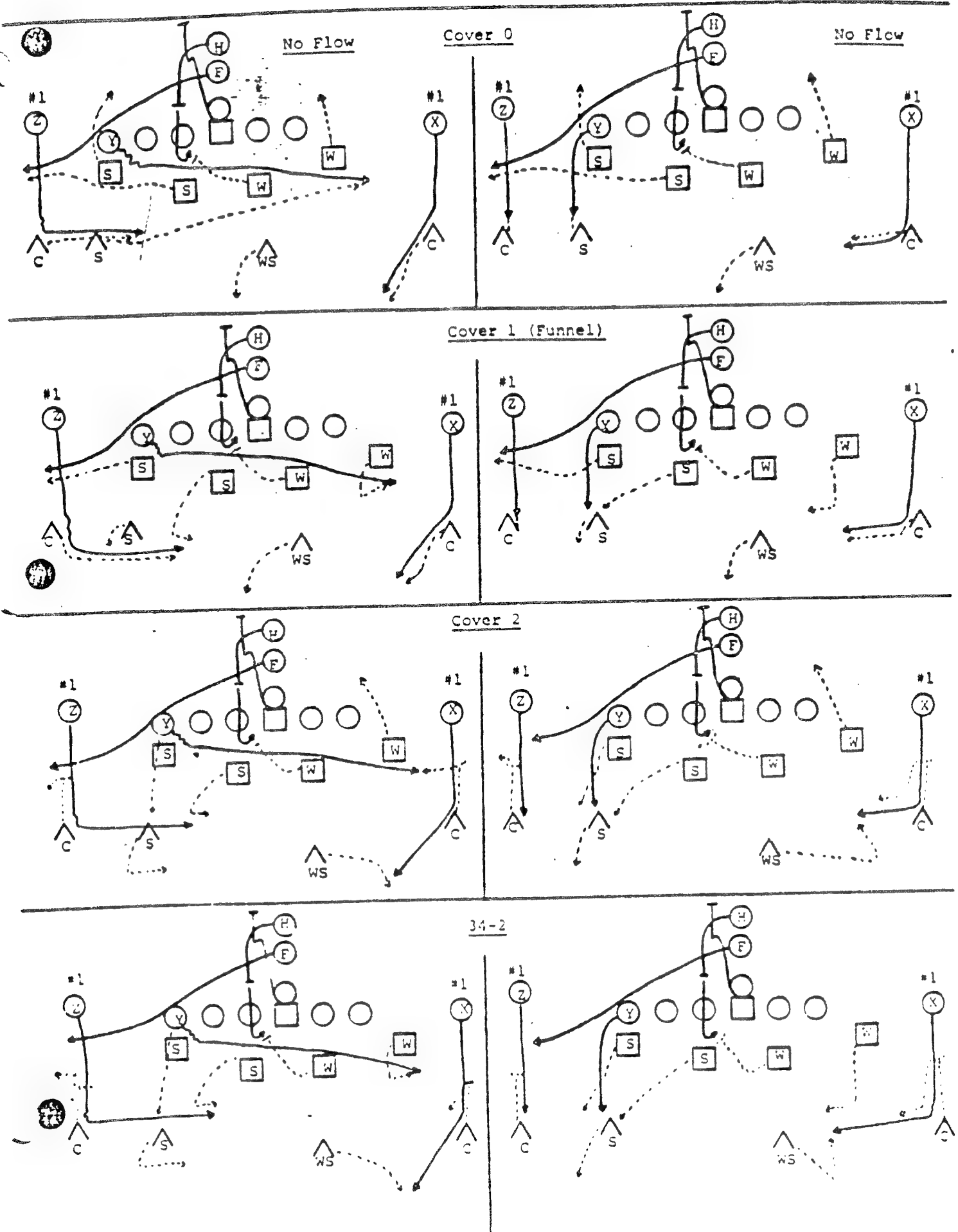
ZONE DEFENSES

1. Strong Curl/Flat defender - Hold on #1 - React to #3 in flat.
2. Strong Hook defender - Run down middle of field and look for inside route by #1 strong or weak ("Robot" technique). C.P. - TE (#2) release upfield, play his pattern.
3. Weak Hook defender - Play check by #4 Strong.
4. Weak Flat defender - Pick up strongside #2 (TE) on cross.
C.P. - TE (#2) release upfield, help on #1 weakside.
5. Deep 1/3 or 1/2 defenders - Play coverage called.
C.P. - Wk. Corner in Cover 3/Wk. Safety in Cover 2 - play #1 weakside tighter.

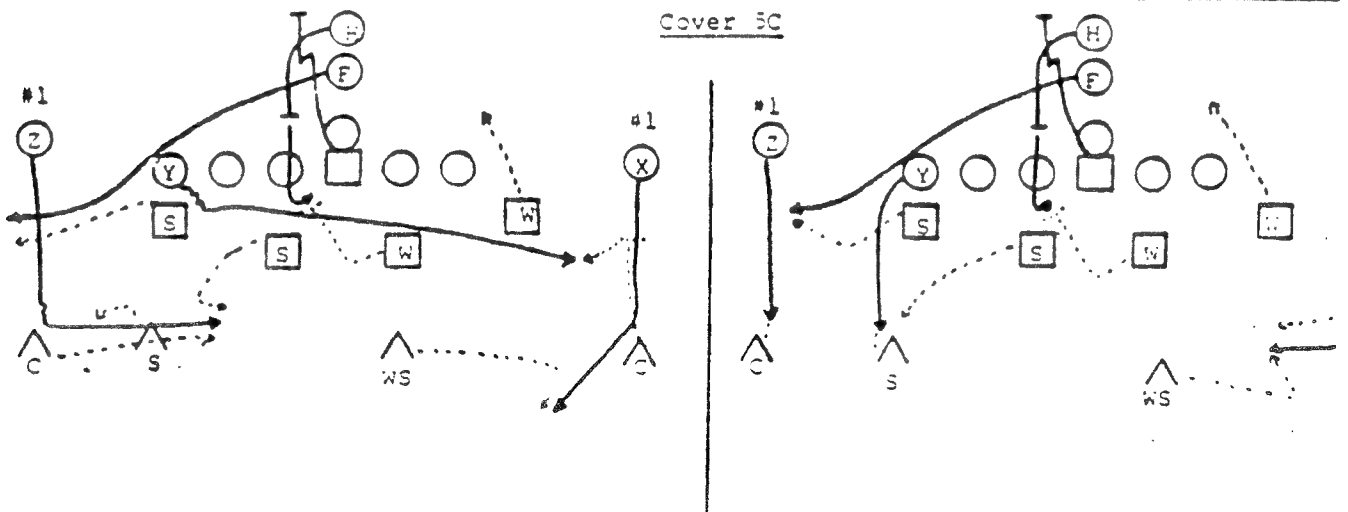
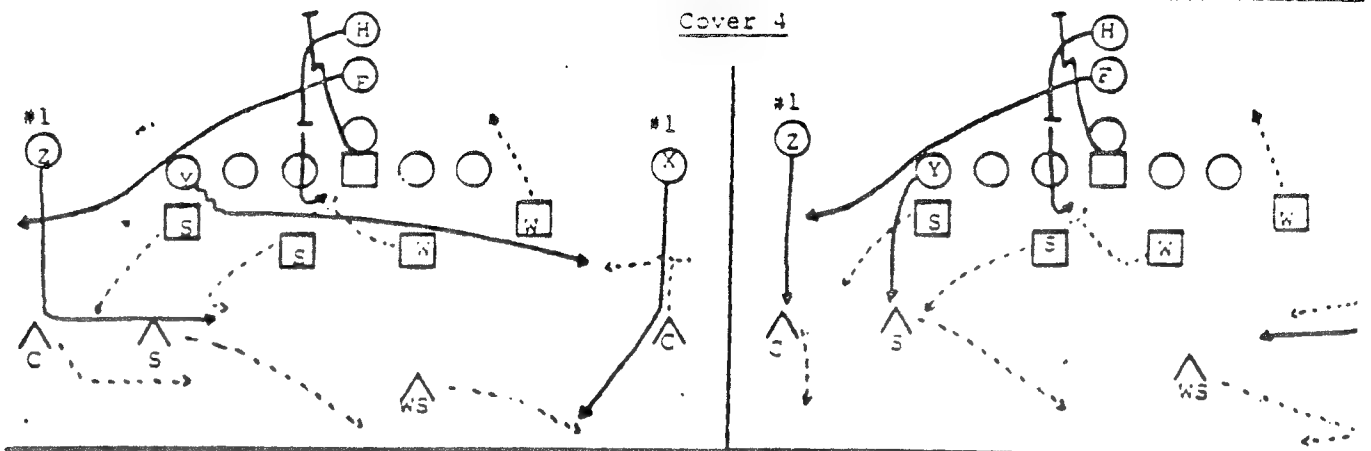
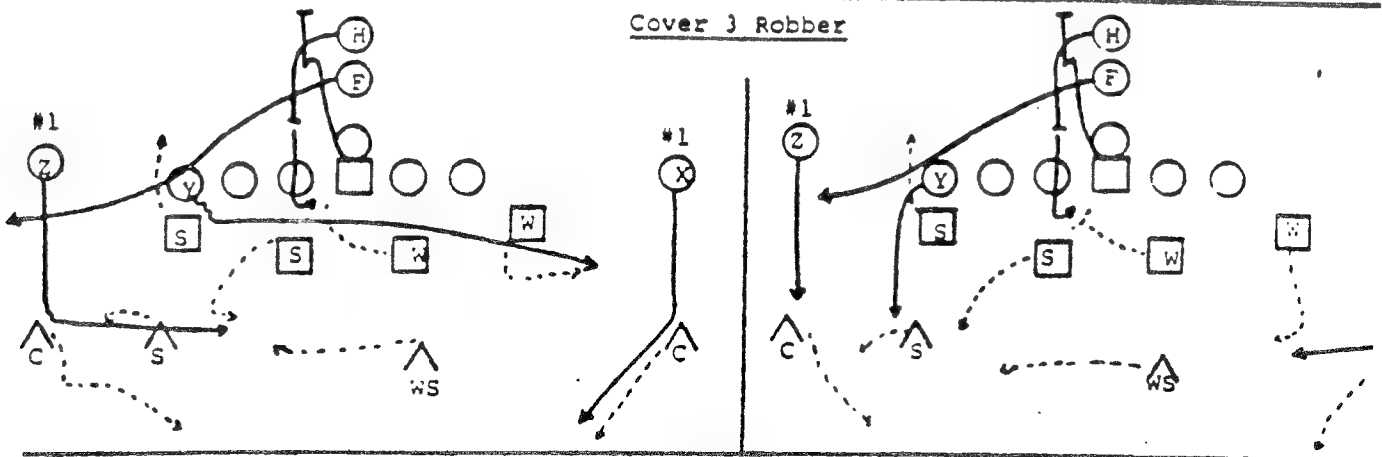
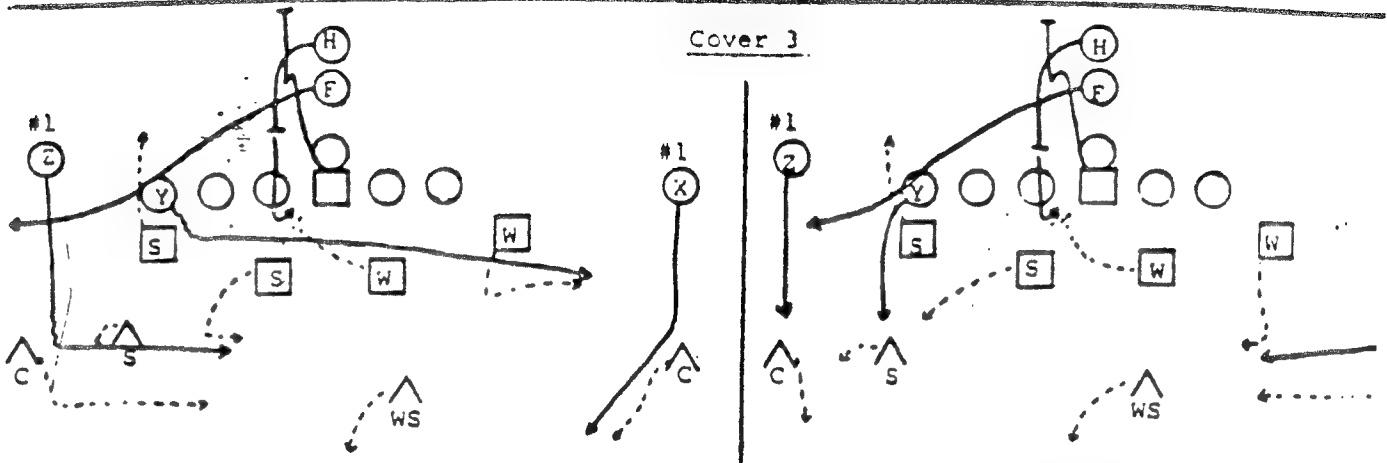
MAN TO MAN DEFENSES

Defenders covering the backs and tight end will basically follow the same flow rules used in zone coverages. Defenders covering wide receivers man/man will stay with their coverage.

FLOW COVERAGE



FLOW COVERAGE



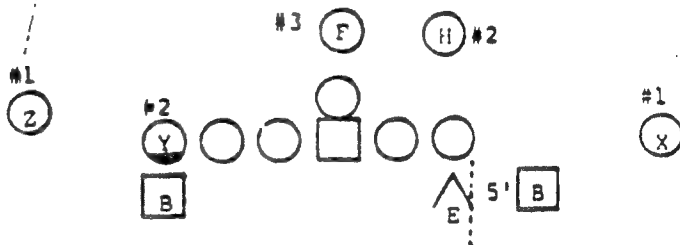
RULES FOR RUSH BY COVERAGE
(3 Linemen, 4 Linebackers)

COVERAGE	STRONG BACKER	(Pro Formation) SAM WILL		WEAK BACKER	FLOW RULE
1. Fire #0 Bear, Lion, Tiger	Cover	Rush	Rush	Cover	No Flow
2. Fire #0 Fox	Rush	Cover	Cover	Rush	No Flow
3. Stack #1 (Funnel)	Cover	Cover	Rush	Cover	Linebackers
4. Stack #2	Cover	Cover	Cover	Rush	Linebackers
5. Stack #2 Man	Cover	Cover	Cover	Rush	No Flow
6. Stack # Double 2 Man	Cover	Cover	Cover	Rush	No Flow
7. Stack #3	Rush	Cover	Cover	Cover	Linebackers
8. Stack #4	Cover	Cover	Cover	Rush	Linebackers
9. Stack #5C	Cover	Cover	Cover	Rush	Linebackers
10. Stack "Frisco" (1 Back)	Cover	Cover	Rush	Cover	No Flow (1 Back)
10A. Reno	Cover	Cover	Rush	Cover	Def. Backs
11. Blitz	Rush	Cover	Rush	Rush	Def. Backs
12. Thunder	Rush	Cover	Cover	Rush	No Flow
13. Cobra	Rush	Cover	Cover	Rush	No Flow
14. Lightning	Key Blitz	Rush (4S,3W)	Rush (4S,3W)	Key Blitz	No Flow
15. Typhoon (1 Back)	Cover	Key Blitz	Key Blitz	Cover	No Flow
16. Any 34 Coverage	Cover	Cover	Cover	Cover	By Coverage
<u>SLOT COVERAGES</u>					
17. Stack "Combo"	Rush	Cover	Cover	Cover	No Flow (slot)
18. Stack "Zebra"	Rush	Cover	Cover	Cover	No Flow (slot)

OUTSIDE LINEBACKER ALIGNMENTS

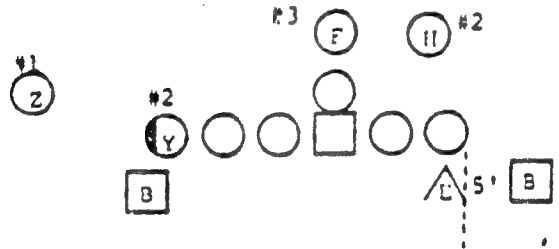
1. 6 ALIGNMENT - (head up)

- head up normal tight end
- no tight end, 5 feet from defensive end



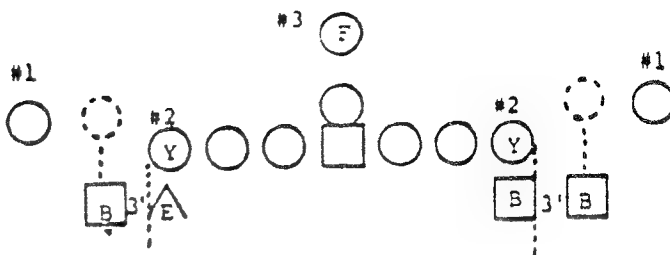
2. 9 ALIGNMENT - (outside shoulder)

- outside shoulder normal tight end
- no tight end -
 - a. #2 inside - 5 feet from defensive end
 - b. #2 wide (+2 yards) - 7 alignment



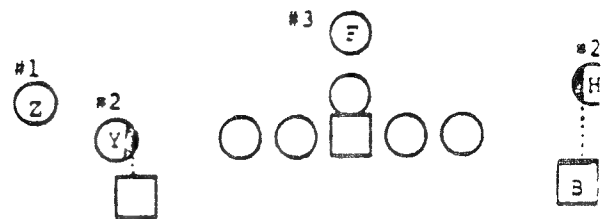
3. 8 ALIGNMENT - (head up wing)

- head up close wing
- no wing, 1 yard outside widest man on L.O.S.



4. 7 ALIGNMENT (inside shoulder)

- inside shoulder vs. #2 wide (+2 yards)
- Under - inside shoulder vs. #1 tight end (open side)



OUTSIDE LINEBACKER TECHNIQUES

- 6 Technique - Cutback
- Green Technique - Penetrate
- 9 Technique - Force

RULES FOR RUSH BY COVERAGE

4 Linemen, 2 Linebackers, 5 Defensive Backs

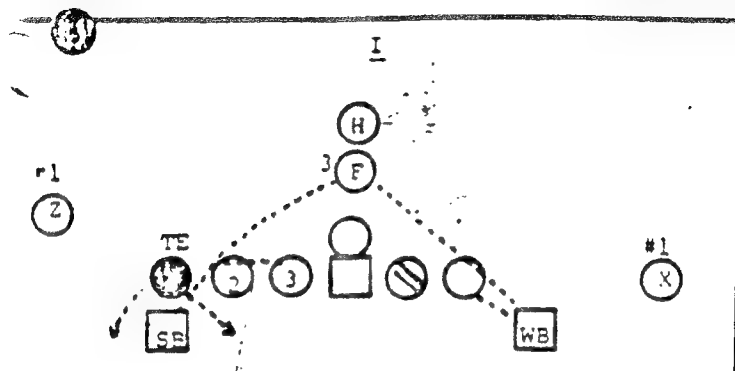
COVERAGE	SAM	WILL	FLOW RULE
1. 42 Cover 2 Man	Cover	Cover	No Flow
2. 42 Cover 2	Cover	Cover	No Flow
3. 42 Cover 4	Cover	Cover	No Flow
4. 42 'Player' Cover 0	By Call	By Call	No Flow
5. 42 'Player' Cover 0	By Call	By Call	No Flow
6. Storm	Key Blitz	Key Blitz	No Flow
7. Blitz	Rush	Rush	No Flow

RULES FOR RUSH BY COVERAGE

4 Linemen, 3 Linebackers, 4 Defensive Backs

COVERAGE	STRONG BACKER	MIKE	WEAK BACKER	FLOW RULE
1. Any 43	Cover	Cover	Cover	by coverage
2. 43 Blitz	Rush	Cover	Rush	Def. Backs
3. Goal Line	Rush	Cover	Rush	Def. Backs

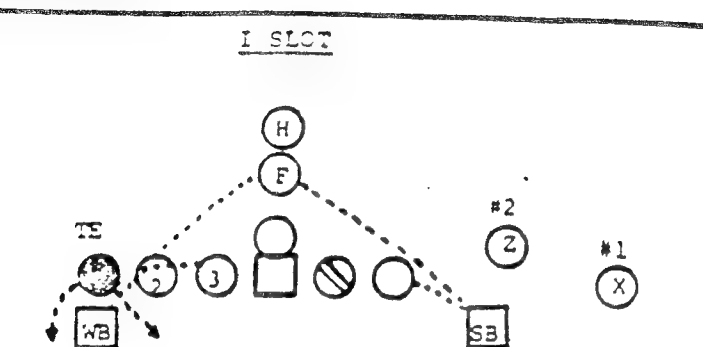
OUTSIDE LINEBACKER KEYS

Strong Backer

1. TE
2. Tackle
3. Guard/Near Back

Weak Backer

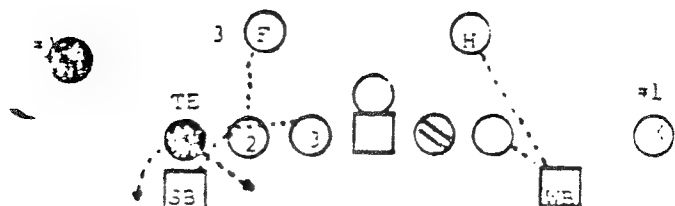
1. Tackle/Near Back
2. Guard pass set

Weak Backer

1. TE
2. Tackle
3. Guard Near/Back

Strong Backer

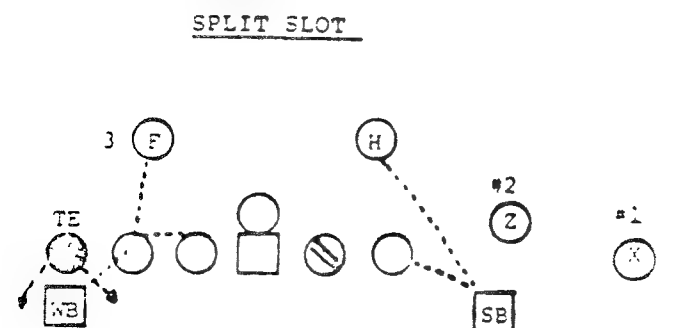
1. Tackle Near/Back
2. Guard pass set

SPLITStrong Backer

1. TE
2. Tackle
3. Near Back/Guard

Weak Backer

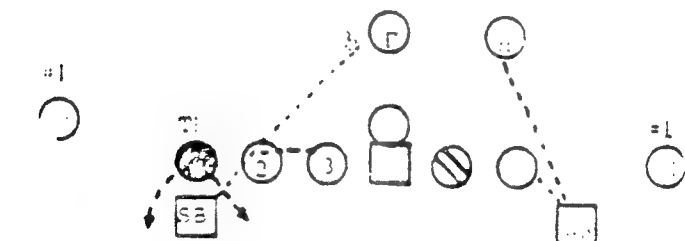
1. Tackle Near Back
2. Guard pass set

Weak Backer

1. TE
2. Tackle
3. Near Back/Guard

Strong Backer

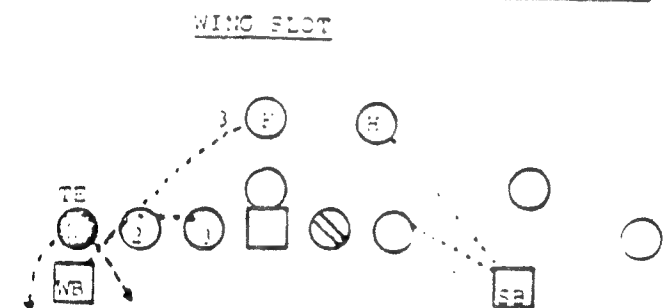
1. Tackle/Near Back
2. Guard pass set

WINGStrong Backer

1. TE
2. Tackle
3. Guard Near Back

Weak Backer

1. Tackle Near Back
2. Guard pass set

Weak Backer

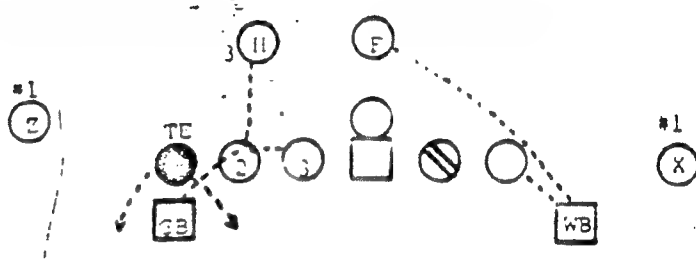
1. TE
2. Tackle
3. Near Back

Strong Backer

1. Tackle/Near Back
2. Guard pass set

OUTSIDE LINEBACKER KEYS

STRONG



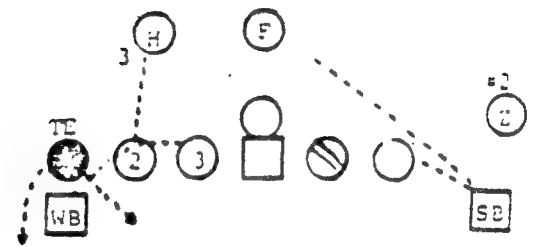
Strong Backer

1. TE
2. Tackle
3. Near Back/Guard

Weak Backer

1. Tackle/Near Back
2. Guard pass set

STRONG SLOT



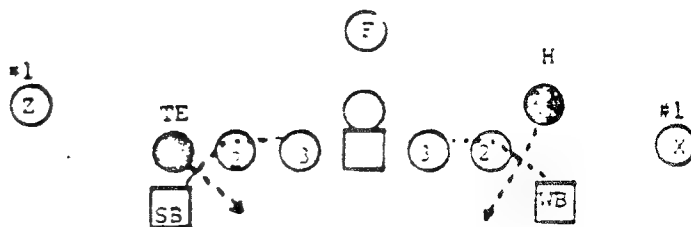
Weak Backer

1. TE
2. Tackle
3. Near Back/Guard

Strong Backer

1. Tackle/Near
2. Guard pass

DOUBLE WING



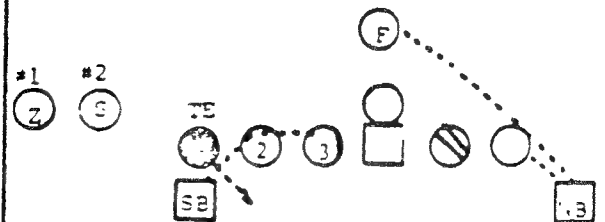
Strong Backer

1. TE
2. Tackle
3. Guard

Weak Backer

1. Near Back
2. Tackle
3. Guard

FLOOD 3



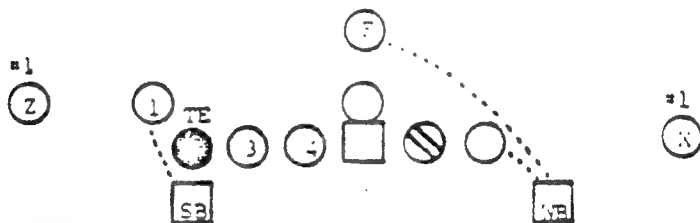
Strong Backer

1. TE
2. Tackle
3. Guard

Weak Backer

1. Tackle/Near
2. Guard pass

FLOOD



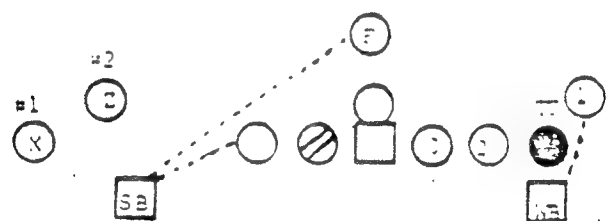
Strong Backer

1. TE/Wing
2. Tackle
3. Guard

Weak Backer

1. Tackle/Near Back
2. Guard pass set

DENVER CLOSE



Strong Backer

1. Tackle/Near Back
2. Guard pass set

Weak Backer

1. TE/Wing
2. Tackle
3. Guard

STRONGSIDE/WEAKSIDE - Vs. Normal Tight End - CUTBACK RESPONSIBILITY

1. Key Tight End first - React to his block - play cutback
 - a. basic block b. hook block c. cutoff block
2. Tight End down-block - Flatten tight end and prevent direct shot on defensive end
 - React to tackle first, then guard/near back
 - d. G block 3. U block f. Bob block
 - Close C gap - Bounce off tackle plays

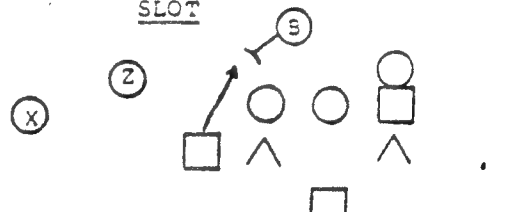
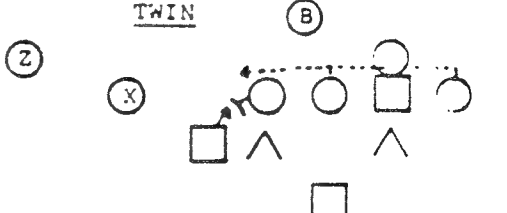
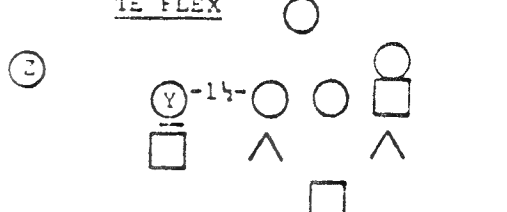
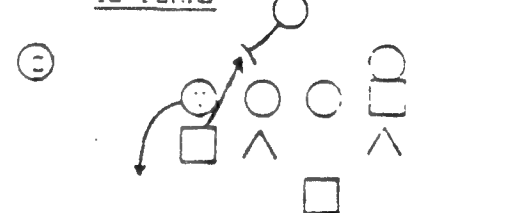
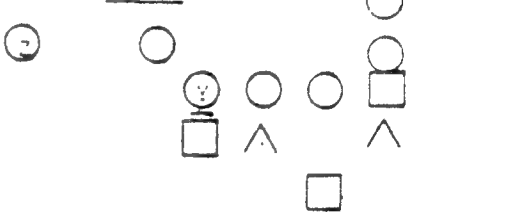
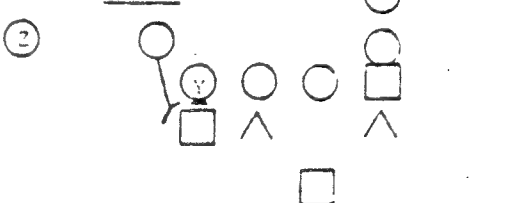
	<p style="text-align: center;"><u>BASE BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards with good extension 2. Stay on TE until you see the ball commit-<u>Cutback</u> 3. Disengage TE - drop step inside plays pursue inside/out on outside plays
	<p style="text-align: center;"><u>HOOB BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards w/good extension Pressure the outside shoulder 2. Stay on TE until you see the ball commit-<u>Cutback</u> 3. Disengage TE - drop step on inside/out pursuit <p>C.P. - Vs. Jump Hook - come under TE, penetrate, cutoff blockers, play cutback</p>
	<p style="text-align: center;"><u>CUTOFF BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards w/ good extension Pressure the inside shoulder 2. Squeeze the C gap 3. Stay on TE until you see the ball commit 4. Disengage TE - drop step inside plays Be force on outside bend back/reverse
	<p style="text-align: center;"><u>U-BLOCK</u></p> <ol style="list-style-type: none"> 1. Flatten TE and prevent direct shot on def. end 2. Get hands on tackle - this is the key 3. Stay on TE until you see the ball commit-<u>Cutback</u> 4. Disengage TE - drop step inside plays Pursue inside/out on outside plays
	<p style="text-align: center;"><u>G-BLOCK</u></p> <ol style="list-style-type: none"> 1. Flatten TE and prevent direct shot on def. end 2. React to tackle first then guard/near back 3. Stay on TE until you see the ball commit-<u>Cutback</u> 4. Disengage TE - drop step inside plays Close C gap - Bounce off tackle plays
	<p style="text-align: center;"><u>BOB BLOCK</u></p> <ol style="list-style-type: none"> 1. Flatten TE and prevent direct shot on def. end 2. React to tackle first then guard/near back 3. Stay on TE until you see the ball commit-<u>Cutback</u> 4. Disengage TE - drop step inside plays Close C gap - Bounce off tackle plays

OUTSIDE LINEBACKERS - GREEN TECHNIQUE

STRONGSIDE/WEAKSIDE - Vs. #2 Wide - CUTBACK RESPONSIBILITY - PENETRATE

(TE flex, TE flare, Slot, Twin, Flood, H half, H Out) (2 yards width)

1. Key #2 if he is within 2 yards of offensive tackle. React to his block.
 - a. base block b. flare block
 2. Vs. #2 wide - Key tackle/near back for run. See uncovered guard pass set. React to tackle's block first, then guard/near back, then offside linemen.
 - c. fan block d. G block e. offside linemen pull
- Penetrate. Eliminate C gap. Play cutback.

<p align="center"><u>BOB BLOCK</u></p> <ol style="list-style-type: none"> 1. Attack back hard. Penetrate. C.P.- angle of back 2. Cutdown any seam between you and def. end 3. Bounce ball wide. Pursue inside/out. Play cutback 4. Disengage back-drop step definite inside run. 	<p align="center"><u>SLOT</u></p> 
<p align="center"><u>FAN BLOCK (G-Block, Offside Pull)</u></p> <ol style="list-style-type: none"> 1. Attack tackle & squeeze C gap-don't run around. 2. Alert for outside cut by back. 3. Disengage tackle-drop step definite inside run. C.P. - G Block, Offside Pull - Eliminate C gap. Bounce ball wide. 	<p align="center"><u>TWIN</u></p> 
<p align="center"><u>BASE BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards w/ good extension 2. Stay on TE until you see the ball commit-<u>Cutback</u> 3. Disengage TE - drop step inside plays pursue inside/out on outside plays 	<p align="center"><u>TE FLEX</u></p> 
<p align="center"><u>BOB BLOCK</u></p> <ol style="list-style-type: none"> 1. Recognize TE flare and penetrate. 2. Attack back hard. Penetrate. C.P.- angle of back 3. Cutdown any seam between you and def. end 4. Bounce ball wide. Pursue inside out. Play cutback 5. Disengage back. Drop step definite inside run. 	<p align="center"><u>TE FLARE</u></p> 
<p align="center"><u>BASE BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE-push backwards w/ good extension 2. Stay on TE until you see the ball commit-<u>Cutback</u> 3. Disengage TE - dropstep inside plays pursue inside/out on outside plays 	<p align="center"><u>FLOOD</u></p> 
<p align="center"><u>TEAM BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE-push backwards w/ good extension 2. Work into wing with outside shoulder-split blockers 3. You cannot get driven back. If getting washed, hit the ground and work upfield thru seam. 	<p align="center"><u>FLOOD</u></p> 

OUTSIDE LINEBACKERS - 9 TECHNIQUESTRONGSIDE/WEAKSIDE - Vs. Normal Tight End - FORCE RESPONSIBILITY

1. Key Tight End first - React to his block - be force man
 - a. base block b. hook block c. cutoff block
 2. Tight End down block - Close down with tight end
 - React to tackle first, then guard/near back
 - d. U block 3. G block f. Bob block
- Squeeze C gap - be force man and pressure ball from outside/in

	<p style="text-align: center;"><u>BASE BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards w/ good extension 2. Work upfield and maintain outside leverage 3. Squeeze TE inside 4. Be force man-turn play inside-pressure ball outside/in 5. Disengage TE - drop step definite inside play
	<p style="text-align: center;"><u>HOOK BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards w/ good extension 2. Work upfield and maintain outside leverage 3. Pressure the outside shoulder - <u>don't get hooked</u> 4. Be force man - turn play inside - pressure ball outside/in
	<p style="text-align: center;"><u>CUTOFF BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE - push backwards w/ good extension 2. Squeeze TE inside, but maintain outside leverage 3. Be force man on outside bend back/reverse 4. Disengage TE - drop step definite inside play
	<p style="text-align: center;"><u>U-BLOCK</u></p> <ol style="list-style-type: none"> 1. Close down with tight end 2. Get hands on tackle-push backwards w/ good extension 3. Pressure the outside shoulder - <u>don't get hooked</u> 4. Be force man - turn play inside - pressure ball outside/in 5. Disengage TE - drop step definite inside play
	<p style="text-align: center;"><u>G-BLOCK</u></p> <ol style="list-style-type: none"> 1. Close down with tight end 2. Read guard and get on his level 3. Squeeze C gap-meet guard w/ inside shoulder - stay square 4. Be force man - maintain outside leverage 5. Disengage TE - drop step definite inside play
	<p style="text-align: center;"><u>BOB-BLOCK</u></p> <ol style="list-style-type: none"> 1. Close down with TE 2. Read back and get on his level 3. Squeeze C gap-meet back w/ inside shoulder-stay square 4. Be force man-maintain outside leverage-<u>don't get hooked</u> 5. Disengage TE - drop step definite inside play

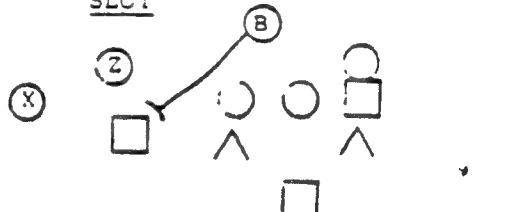
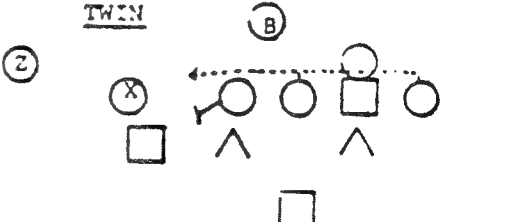
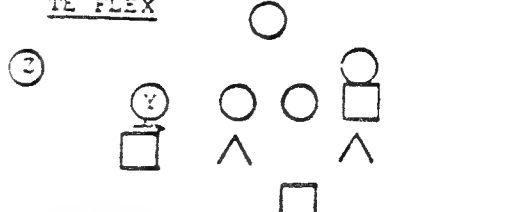
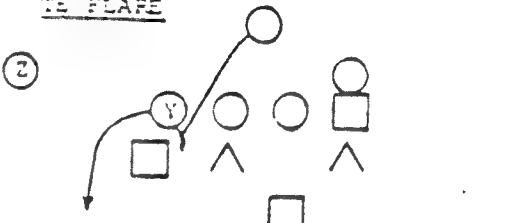
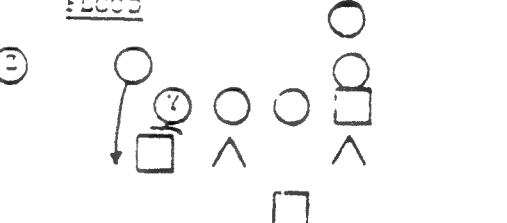
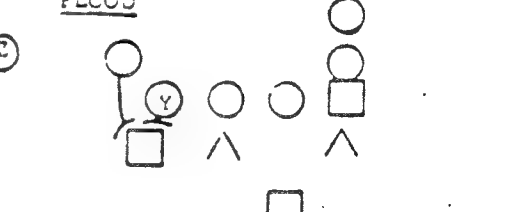
OUTSIDE LINEBACKERS - 9 TECHNIQUE

C.P. - 6 technique automatically converts to 9 technique unless OLB is Green.

STRONGSIDE/WEAKSIDE - Vs. #2 wide - FORCE RESPONSIBILITY

(TE flex, TE flare, Slot, Twin, Flood, H half, H Out)(2 yards width)

1. Key #2: if he is within 2 yards of offensive tackle. REact to his block.
 - a. base block b. flare block
 2. Vs. #2 wide - Key tackle/near back for run. See uncovered guard pass set. React to tackle's block first, then guard/near back, then offside linemen.
 - c. fan block d. G block e. offside linemen pull
- Squeeze C gap. Be force man and pressure ball from outside/in.

<p align="center"><u>BOB BLOCK</u></p> <ol style="list-style-type: none"> 1. Read back and get on his level. 2. Squeeze C gap. Meet back with inside shoulder - stay square. 3. Be force man - maintain outside leverage - <u>don't get hooked</u> 4. Disengage back-drop step definite inside play 	<p align="center"><u>SLOT</u></p> 
<p align="center"><u>FAN BLOCK</u> (G Block, Offside Pull)</p> <ol style="list-style-type: none"> 1. Read tackle, guard, offside. Get on blocker's level. 2. Squeeze C gap. Meet blocker with inside shoulder - stay square. 3. Be force man - maintain outside leverage - <u>don't get hooked</u> 4. Disengage blocker-drop step definite inside play 	<p align="center"><u>TWIN</u></p> 
<p align="center"><u>BASE BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE-push backwards w/ good extension 2. Work upfield and maintain outside leverage 3. Squeeze TE inside 4. Be force man-turn play inside-pressure ball outside/in 5. Disengage TE - drop step definite inside play 	<p align="center"><u>TE FLEX</u></p> 
<p align="center"><u>BOB BLOCK</u></p> <ol style="list-style-type: none"> 1. Recognize TE flare and key inside for run. 2. Read back and get on his level. 3. Squeeze C gap - meet back with inside shoulder - stay square 4. Be force man - maintain outside leverage - <u>don't get hooked</u> 5. Disengage back - drop step definite inside play 	<p align="center"><u>TE FLARE</u></p> 
<p align="center"><u>BASE BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE-push backwards w/ good extension 2. Work upfield and maintain outside leverage 3. Squeeze TE inside 4. Be force man - turn play inside - pressure ball outside/in 5. Disengage TE - drop step definite inside play 	<p align="center"><u>FLOOD</u></p> 
<p align="center"><u>TEAM BLOCK</u></p> <ol style="list-style-type: none"> 1. Get hands on TE-push backwards w/ good extension 2. Work into wing with outside shoulder-split blocker 3. You cannot get driven back. If getting washed, hit the ground and work upfield thru seam. 	<p align="center"><u>FLOOD</u></p> 

INSIDE LINEBACKER READ DESCRIPTION

FAST READ

Fast read is a read that indicates immediate direction of a lateral nature. The main plays of a fast read type are tosses and flow series plays. Keep a good angle toward the line of scrimmage. Do not run laterally or parallel on the first 2 steps.

DIRECT READ

Direct read is a read that gives you immediate action directly at you. Your keys and ball are coming at your hole of responsibility. Attack line of scrimmage and take on first blocking threat. Be prepared to drop step or redirect your body by squeezing or disengaging blocker to help on daylight cut by ball carrier. The majority of plays that give you this type of read are slants, whams, fan ices, and rides with base blocking. I formation plays that are not tosses are direct. Run up in the hole. Do not hop, or take just 1 step.

SLOW READ

A slow read occurs with most slower timing plays or underneath ball handling by QB. Insure your side of ball by attacking the line of scrimmage and prepare to squeeze or drop step first blocking threat. Run up in the hole. Do not hop, or take 1 step up.

THREE TECHNIQUE (Cont'd)

2. Guard and tackle block on you:



- B. Swap block - pressure guard inside - Rids him down as far as possible - Force guard on flat release - get away from tackle upfield. If wide swap, may have to grab guard.

3. Guard blocks inside:



- A. Trap block - squeeze down with guard look for trap. Take trap blocker on with outside pad.

4. Guard pulls outside:

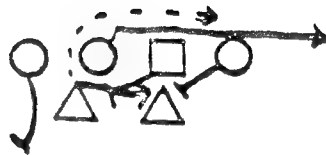


- A. G Block - can beat it and go with pulling guard or work outside through tackle's head with near pad.

5. Guard pulls inside:
(Think inside - go with pulling guard)

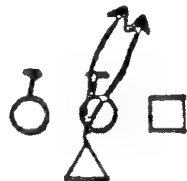


- A. Tackle cut off block - flatten down L.O.S., go with pulling guard - tackle will try & cut you off. Ball will be outside.



- B. Back block - take center on with inside pad - squeeze center's block work to 2 gap. Can beat it & go with pulling guard.

6. Guard shows pass:



- A. Drive through area of responsibility; continue on inside rush. You are responsible for breaking the pocket. You have no containment.

FOUR TECHNIQUE

Stance - Three point - feet staggered - shoulders parallel to L.O.S.

Alignment - four - close to L.O.S. as possible.

Key - Tackle, end and guard. Read the triangle. Know formation, and location of backs.

Execution - move on movement or ball reading on the run. Deliver blow with hands; work for full extension of arms. Pressure blocker upfield.

Responsibility - you have 2 gap responsibility, B & C gaps. Your responsibility will change to B or C gap depending on tackle's block and flow of backs. Hook block and flow to you have late C gap. Cut off block and flow away you have quick B gap. Straight block you have 2 gaps, B & C gap. Eliminate any back coming through the line.

Reaction -

1. Tackle blocks on you:



- A. Straight Block - knock tackle back - pressure upfield - control blocker - do not take a side until ball carrier commits - be parallel - find ball.



- B. Hook Block - knock tackle back - Stay on inside half of blocker until ball carrier commits.

Push blockers outside shoulder backwards - if face mask needed it should end up in blockers ear.



- C. Influence Block (Dick) - Work back inside - Can diagnose by soft hook & pull.



- D. Cut Off Block - Knock tackle back - pressure upfield - work to inside half of blocker. Keep square and your inside hip clean. Push blockers inside shoulder backwards - if face needed it should end up in blockers ear. C.P. - If flow away get across blocker as quickly as possible.

2. Tackle & end block on you:



- A. Double team - Knock tackle back - Collapse knee - Twist shoulders & hips - Drop hand to ground & work upfield. If getting washed hit the ground creating a pile, work upfield driving your outside shoulder through the near leg of the drive blocker. You cannot be driven back.



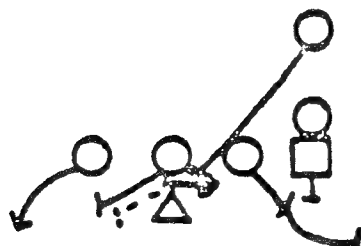
- B. Special Double Team - React to tackles block then work back through end with near pad.
CP: Tackle will try and reverse hook block - body will not be with head.

FOUR TECHNIQUE (Cont'd)

3. Tackle & Guard block you:



4. Tackle blocks outside:



5. Tackle blocks inside:



A. Scoop Block - pressure tackle upfield - force tackle on flat release - get away from guard upfield. If wide slip may have to grab tackle.

CP: Play tackles block as long as poss:

A. Fan Block - work back inside squeezing guards block - take guard on with inside pad & work to 2 gap. Tackle's head will be flatter down L.Q.S. make get bump influence.

B. F.B. Trap - work back inside squeezing FB block, take FB on with the inside pad & work to 2 gap technique. Make get bump influence.

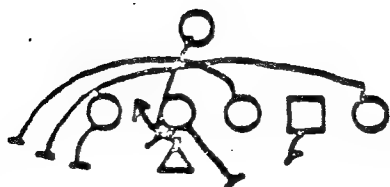
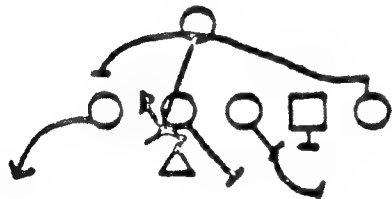
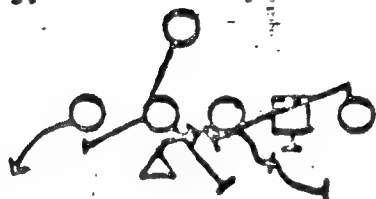
C.P. - If there is a tight end, react him 1st. If he down blocks react to his block. If he does not block on you, take all reaction from offensive guard.

A. Down block (6 hole G-Bob Sweep) - don't let him off clean inside work across end's head with near pad - can beat it if big split.

B. G Block (4 hole) - ride tackle down the LOS - keep tackle off Sam or Will - squeeze the hole with guard - work to 2 gap tech. Can determine cross block by rec step pull & inside out approach of offensive guard.

FOUR TECHNIQUE (Cont'd)

5.



6. Tackle pulls outside:



C. Trap Block (4 Hole Trap) - ride tackle down the LOS - keep tackle off Sam or Will. Take trap blocker on without side pad. Can determine trap block by inside block of offensive guard.

D. Bill Special - ride tackle down the LOS - keep tackle off Sam or Will. As you ride tackle down, stay on outside half of blocker - if back blocks on you work through him from inside out - if back blocks on Sam or Will you should be free hitter. Can distinguish between 4 Trap and Bill special by depth of pulling guard.

E. Bill Block - ride tackle down the LOS - work back outside through Bill blocker - be alert for cut block. Can determine Bill block by pull of onside guard.

C.P. - If tackle and guard both pull think outside play. If only tackle pulls, play trap unless end down blocks then play U block.

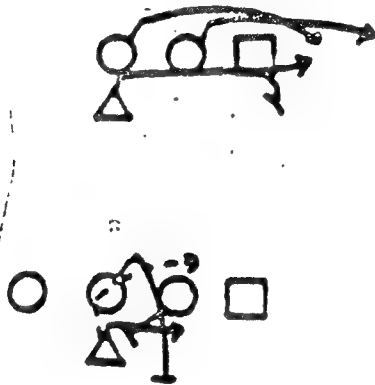
A. Toss Block - go with pulling tackle, be alert for cut block from guard.

B. Influence trap - work back inside, be ready to play trap blocker.

C. U Block - can beat down block and go with pulling tackle or work back across end's head with near pad.

FOUR TECHNIQUES (Cont'd)

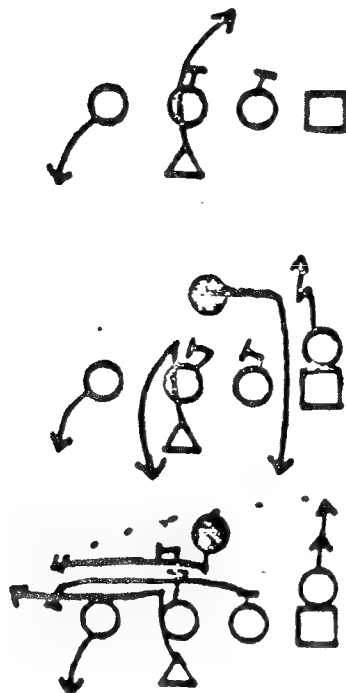
7. Tackle pulls inside:



A. Go with pulling tackle - work inside down LOS.

B. Gut block - work inside squeezin guards blocks - take guard with inside pad & work to 2 gap tech. If caught upfield can beat guard block.

8. Tackle and Blockers show pass:

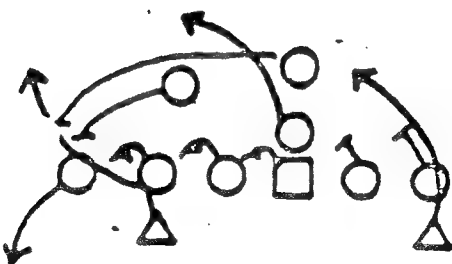


A. Drop Back - get to blocker quick Pick up QB & back your side for Draw and Screen key as you rush. Keep moving through outside of blocker. Contain, keep QB in pocket. Watch his eyes - hands up.

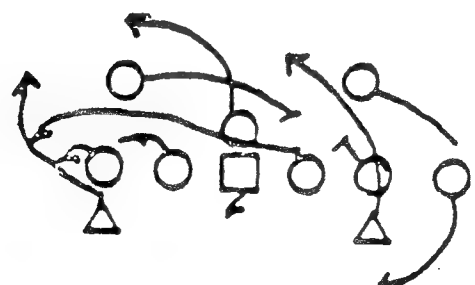
B. Draw - Will have draw keys for each game. When you detect draw, retrace your step and close the lane from the outside in.
C.P. - must be alert for Draw Tra Influence. If it occurs close inside.

C. Screen - Will have screen key for each game. When you detect screen locate the screen back. Take good pursuit - he will be turned back to you.

9. Sprint - Play Action - Roll Bootleg:



A. Contain - if pass action is to yo: side you must have contain before you force.



FIVE TECHNIQUE

Stance - Three point - feet staggered - shoulders parallel to L.O.S.

Alignment - Five/- close to L.O.S. as possible.

Key - Tackle, periph end. Know formation and location of backs.

Execution - move on movement or ball reading on the run. Deliver blow with hands; work for full extension of arms. Pressure blocker upfield.

Responsibility - 2/3 outside (5 Gap), 1/3 Inside (3 Gap) - squeeze to 2 Gap - plays away close inside gap with blocker if you cannot work across him. Offensive blocker can never Hook you. Eliminate any back coming through the line.

Reaction -

1. Tackle blocks on you:



A. Straight Block - knock tackle back - pressure upfield - control blocker from outside in - squeeze to 2 Gap - be parallel - find ball.

B. Hook Block - pressure upfield - keep square & your outside hip clean. Push blockers outside shoulder backwards - if face mask needed it should end up on blockers face mask. Do not separate from blocker until ball is outside or downfield.

C. Cut Off Block - pressure upfield - squeeze inside gap with blocker body. Push blockers inside shoulder backwards - if face needed it should end up in blockers ear. C.P. - If flow away get across blocker as quickly as possible.

2. Tackle & End block on you:

Same as 4 Technique.

3. Tackle & Guard block you:

Same as 4 Technique.

4. Tackle blocks outside:

Same as 4 Technique.

5. Tackle blocks inside:

Same as 4 Technique.

6. Tackle pulls outside:

Same as 4 Technique.

7. Tackle pulls inside:

Same as 4 Technique.

8. Tackle & Blockers show pass:

Same as 4 Technique.

9. Sprint - Play Action - Roll Bootleg:

Same as 4 Technique.

OUTSIDE FIVE TECHNIQUE

Stance - three point - feet staggered - shoulder parallel to L.O.S.

Alignment - Four - close to L.O.S. as possible.

Key - tackle and end. React to tackle block unless end blocks on you (down block or cut off block), then react to end's block. Know the formation and location of backs. Be cautious of line splits.

Execution - move on movement or ball reading keys on run. Step with near foot, push off with far foot, twist hips and upper cut with inside arm get penetration through C gap, unless end blocks on you, then react to end's block. Read both blockers as you move. If no tite end, play 5 Technique.

Responsibility - C gap - keep inside hole small - contain all passes.
Eliminate any back coming through the line.

Reaction - Tackle blocking on you and end blocking OLB or releasing.

1. Tackle blocks on you:

A. Straight block - get penetration through C gap.



B. Hook - get width and depth through C gap.



C. Cut off block - start to C gap, then react back to inside.



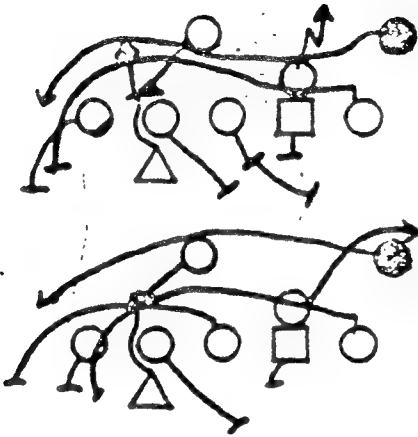
2. Tackle blocks inside - step to C gap, then react back to inside - go to Four Technique reads.

A. Trap Block - step to C gap, then work back inside, squeeze hole, take blocker on with outside pad.



OUTSIDE FIVE TECHNIQUE (Continued)

2. (Continued)



B. Special Block - step to C gap, then react upfield through back - take back on with inside pad. Can distinguish between special & trap block by depth of pulling guard & approach of back.

C. Bill Block - step to S gap, take Bill blocker on with inside pad or hands - be alert for cut block. Can determine Bill block by deep pull of near guard.

3. Tackle pulls outside:



Think outside. If tackle and guard both pull think flip or toss. If only tackle pulls, play trap.

A. Tess block - step to C gap, go with pulling tackle, be alert for cut block from guard.

B. Influence trap - step to C gap, be ready to play trap blocker.

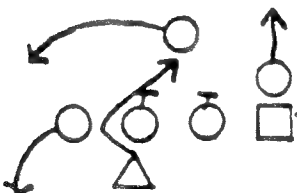
4. Tackle pulls inside:



A. Step to C Gap, work back inside, go with pulling tackle.

B. Gut block - step to C gap, beat it and go with pulling tackle or squeeze hole with guard.

5. Tackle and blockers show pass - Rush same as Four Technique.



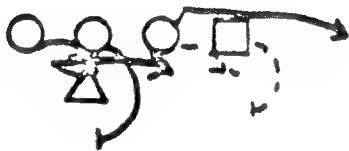
Reaction - End blocking you

1. End down blocks



- A. Double team, G. & U. block. Step to C gap - take end on with near stab off with inside hand & work original position of offensive e

2. End cutoff blocks



- A. Tackle pulls inside or swap bloc step to C gap. then work back in away from end. Take end on with pad or hands.

RIP TECHNIQUE

Stance - Three point - feet staggered - shoulders parallel to L.O.S.

Alignment - Four - close to L.O.S. as possible.

Key - Guard. Know formation and location of backs.

Execution - Move on movement or ball reading guard on the run. Step with near foot cross over with far foot, twist hips and upper cut with outside arm reacting to guards block. May use lateral step technique and hands.

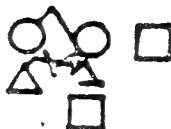
Responsibility - B Gap - keep outside hole small. Eliminate any back coming through the line.

Reactions -

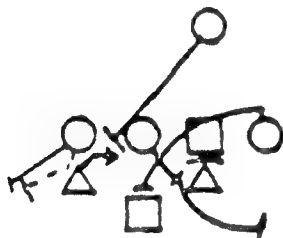
1. Guard blocks on inside linebacker: A. Straight block - Hook block - cutoff block - get penetration through B Gap - find ball.



2. Guard blocks on you:



Guard blocks inside:



- A. Fan block - start to B gap - take guard on with inside pad - squeeze guard's block - work to 2 gap.

- B. Gut block - same as Fan block.

- C. Snoop block - start to B gap, take guard on with near pad, work back outside down down L.O.S. - cannot be hooked by guard.

- A. Trap block - start to B gap, flatten down L.O.S., be ready to play trap blocker - take trap blocker on with outside pad. If tackle down blocks, get penetration and play trap blocker. If caught on down block spin back outside, don't be washed down.

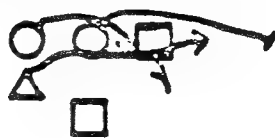
- B. FB Trap - start to B Gap, flatten down L.O.S., be ready to play FB's block - take FB's block on with outside pad.

RIP TECHNIQUE (Cont'd)

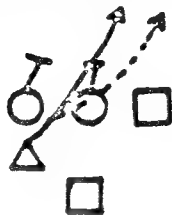
4. Guard pulls outside:



5. Guard pulls inside:



6. Guard shows pass:



A. Go with pulling guard.

1. G Block - start to B gap then react back to outside. Beat tackle's down block - if caught on down block spin back outside.

2. Bob G.O. Sweep - same as G Bl

A. Go with pulling guard.

1. Sweep cut off block - get penetration through B gap working away from tackle's block.

A. Drive through area or responsible - continue on inside rush. You are responsible for breaking the pocket. You have no containment

FLEX TECHNIQUE

Stance - three point - feet staggered - shoulders parallel to L.O.S.

Alignment - Four - 12 inches off the ball.

Key - Guard. Know formation and location of backs.

Execution - Move on movement or ball reading guard on the run. Step to B Gap & react to guards block.

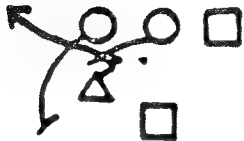
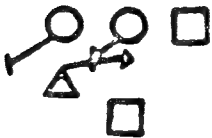
Responsibility - B Gap - keep outside hole small. Eliminate any back coming through the line.

Reactions -

1. Guard blocks on inside linebacker: A. Straight block - Hook block - cutoff block - get penetration through B gap - find ball.



2. Guard blocks on you:

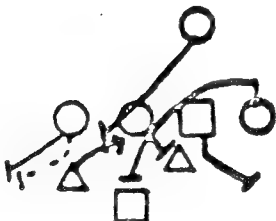


- A. Fan block - start to B gap work - take guard on with inside pad - control guard from outside - squeeze guards block.

- B. Gut block - Same as Fan.

- C. Scoop Block - start to B gap, take guard on with near pad or hands, work back outside down L.O.S. - cannot be hooked by guard.

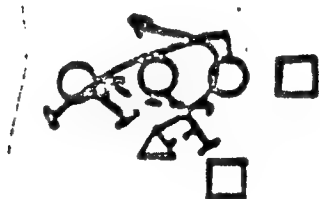
3. Guard blocks inside:



- A. Trap block - start to B gap, flatter down L.O.S. be ready to play trap blocker - take trap blocker on with outside pad. If tackle down blocks, get penetration and play trap blocker. If caught on down block work back outside, don't be washed down.
- B. FB Trap - start to B gap, flatter down L.O.S., be ready to play FB's block - take FB's block on with outside pad.

FLEX TECHNIQUE (Cont'd)

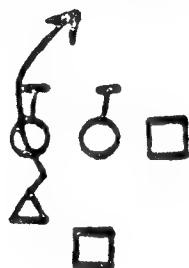
4. Guard pulls outside:



5. Guard pulls inside:



6. Guard shows pass:



A. Go with pulling guard.

1. G Block - start to B gap th react back to outside. Be a tackle's down block - if caught on down block work b outside. Can work back thr tackle's block.

2. Bob G.O. Sweep - same as G. Block.

A. Go with pulling guard.

1. Sweep cut off block - start to B gap - work away from tackle's block.

- A. Work back outside through tack contain rush.

SEVEN TECHNIQUE

Stance - Three point - feet staggered - shoulder parallel to L.O.S.

Alignment - C-Gap

Key - End, periph tackle. C.P. - If no TE, play 5 technique on O.T.

Execution - Move on movement of ball. Step to end with near foot - take end on near pad - react to ends block. If end does not block you, react to tackle's block.

Responsibility - C Gap - Chase on plays away, you have reverse responsibility.

Reaction -

1. End blocks on you.



- A. Down block or double team - take blocker on with near pad - stab off with inside hand and work across blocker.



- B. Cut off block or inside pull - take blocker on with near pad or hands - work back inside away from end - be alert for cut.

2. End block O.L.B. or releases and tackle block on you.
C.P. - 4 Technique reads



- A. Hook block - get penetration through C Gap.



- B. Cut off block or fan block - React back inside - take blocker on with near pad - squeeze hole with blocker's body.

SEVEN TECHNIQUE (continued)

3. End block O.L.B. or releases
and tackle block inside.
C.P. - 4 Technique reads

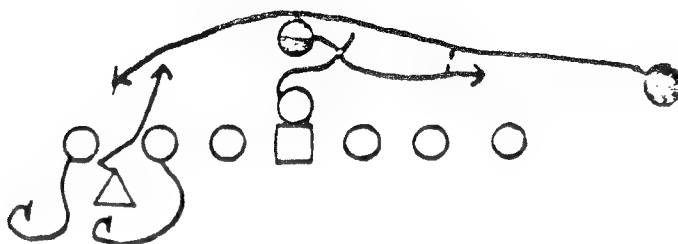


- A. Trap block - react back inside - squeeze hole - tack blocker on with inside pad.

- B. Special block - Same as outside five technique.

- C. Bill block - Same as outside five technique.

4. End releases and tackle releases.
You have reverse responsibility.



GOAL LINE TECHNIQUE - TACKLES

21

Stance - four point - outside foot back - shoulder parallel to L.O.S.

Alignment - One - close to L.O.S. as possible.

Key - Center, Guard and ball.

Execution - Move on movement or ball reacting to keys. Step with outside foot & hit with outside pad unless guard does not block on you, then react to center's block.

Responsibility - A Gap - keep guard off Mike.

Reaction -

1. Guard block on you:



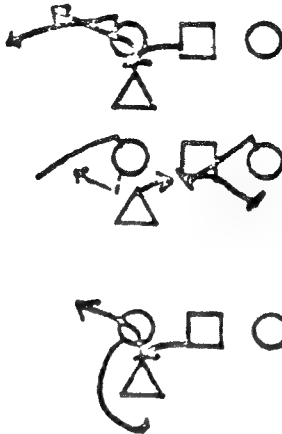
- A. Straight, hook or cut off block. Step with outside foot, hit with outside pad keeping inside arm free. Get penetration knocking blocker back.

2. Guard & Center block on you:



- A. Double team block. Get penetration through A gap. Drop inside elbow & knee to ground & work upfield. Cannot get driven back.

3. Guard pull outside or Slip:



- A. Pull outside - must see center - Go with pulling guard if center tries to hook you. If center blocks back on other tackle, play trap.

- B. Slip block - work outside away from center's block. Try & get a piece of guard.

4. Guard pulls inside:



- A. Center back blocks - get penetration - go with pulling guard.

C.P. - If guard's weight distribution is not forward, play it "Long".

STUNTS AND GAMES
LINEBACKERS AND LINEMAN

INDEX

1. Rips
2. Rams
3. Slams

Both backers (ILB & OLB) on call
side must know these (call is made
generally by ILB)

1. Loop
2. X
3. Stuff

Stunts between OLB and defensive end
(OLB makes call)

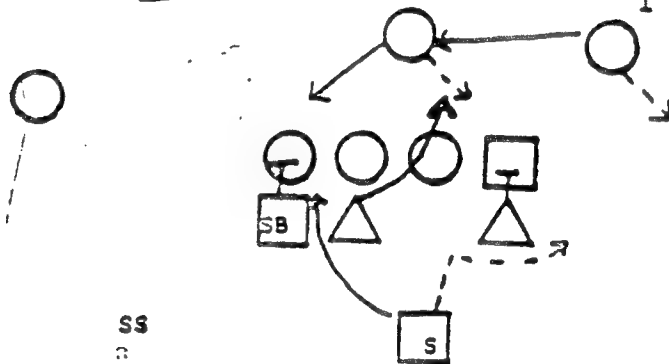
1. Ringo
2. Lucky
3. Bullit
4. Bandit

Stunts between ILB and Nose
(ILB makes call)

1. Willie
2. Sammie
3. Scrape
4. Sink It

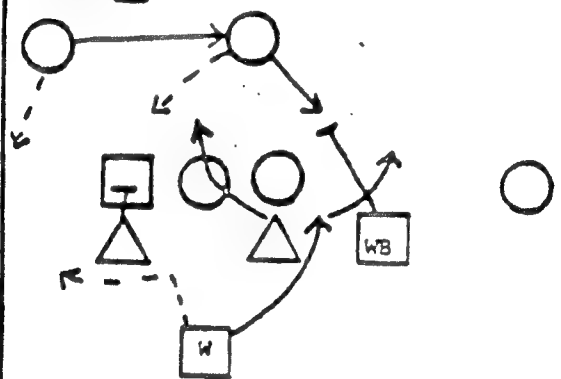
Stunts between ILB and End
(ILB makes call)

STRONG RIP VS. RUN



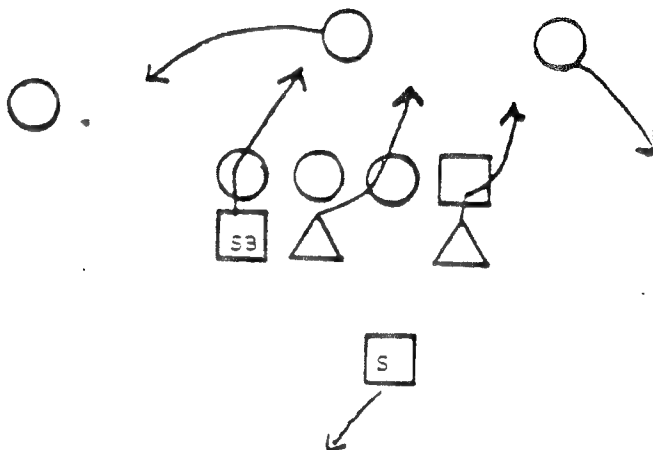
- CP - In order to have Rip call OLB on the call side must be on and coming (green).
- OLB - Normal 6 Technique, cutback.
- END - Rip Technique.
- SAM - No direct read - Scrape on Flow to you, normal on Flow away - Slow read Fan block.

WEAK RIP VS. RUN



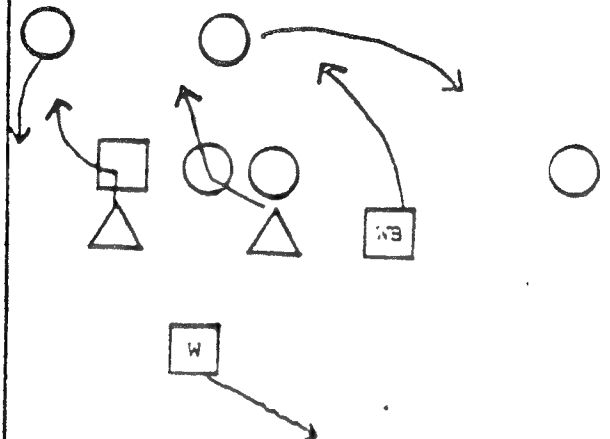
- CP - In order to have a Rip call OLB on call side must be on and coming (green).
- OLB - Normal 6 Technique open side, cutb
- END - Rip Technique.
- WILL - No direct read - Scrape on Flow to normal on Flow away - Slow read F Block.

STRONG RIP VS. PASS



- OLB - Contain - Rush
- END - Rip Technique - Rush across Fan Block.
- SAM - Coverage called.

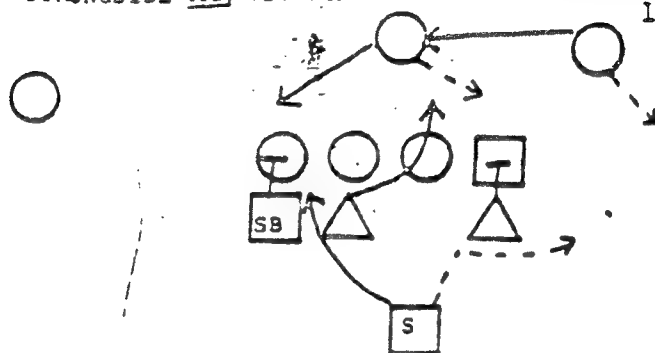
WEAK RIP VS. PASS



- OLB - Contain Rush
- END - Rip Technique - Rush across Fan b:
- WILL - Coverage called.

RAM (CALL BY IL3)

STRONGSIDE RAM VS. RUN



CP - In order to have Ram call OLB to call side must be off (Blue - Red, etc)

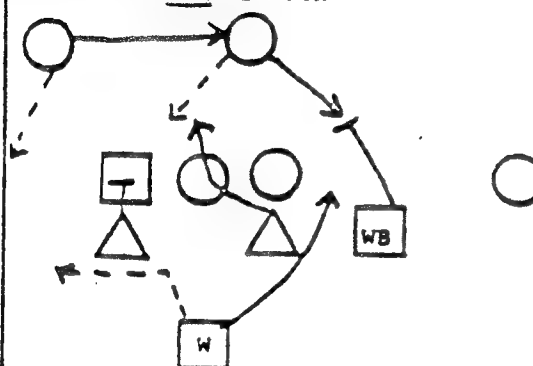
OLB - Normal 6 or 9 Technique.

END - Rip Technique.

SAM - Same as Rip.

NOSE - O Technique.

WEAKSIDE RAM VS. RUN



CP - In order to have Ram call OLB to call side must be off (Blue-Red, etc.)

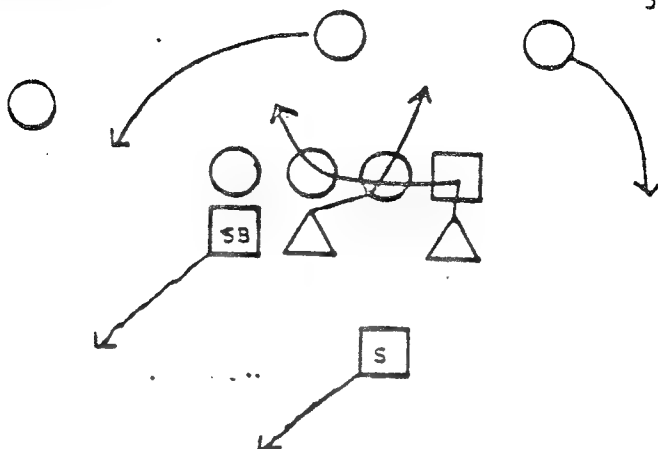
OLB - 9 Technique. (Force)

END - Rip Technique.

WILL - Same as Rip.

NOSE - O Technique.

STRONGSIDE RAM VS. PASS



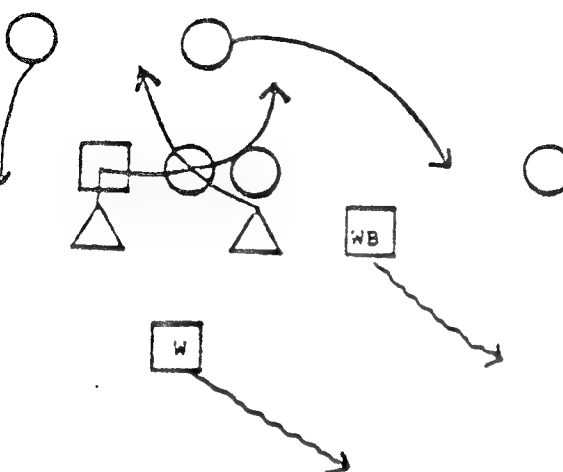
OLB - Coverage called.

END - Rip Technique.

SAM - Coverage called.

NOSE - Engage and contain rush strongside. Automatic You game.

WEAKSIDE RAM VS. PASS



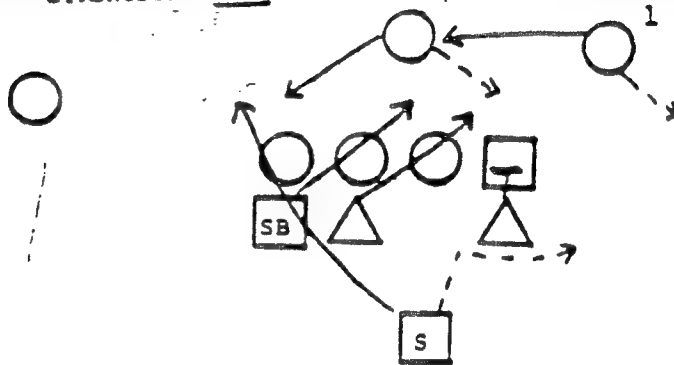
OLB - Coverage called.

END - Rip Technique.

WILL - Coverage called.

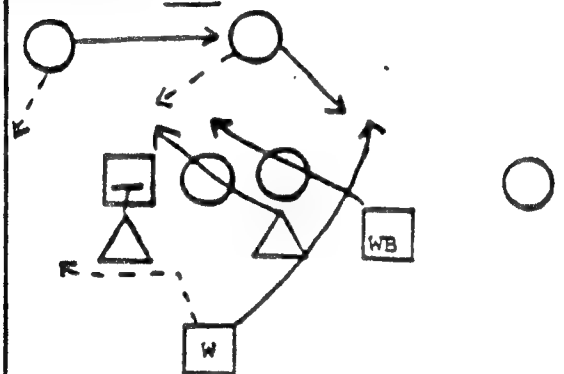
NOSE - Engage and contain rush weakside. Automatic You game.

STRONGSIDE SLAM VS. RUN



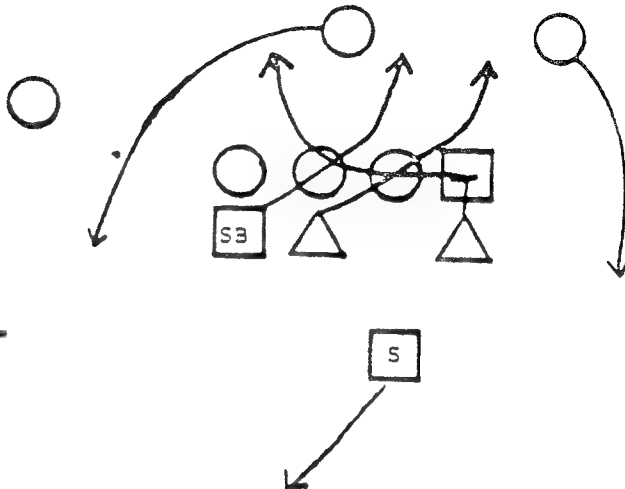
- CP - In order to have a Slam call OLB must be on and coming (green) call side.
- OLB - Line up in 6 - Penetrate C gap working to B gap.
- END - Rip Technique - Aim for guards hip-Work across Gut or Fan block.
- SAM - No direct read - Read fast on Flow to, normal on Flow away.
- NOSE - "O" Technique

WEAKSIDE SLAM VS. RUN



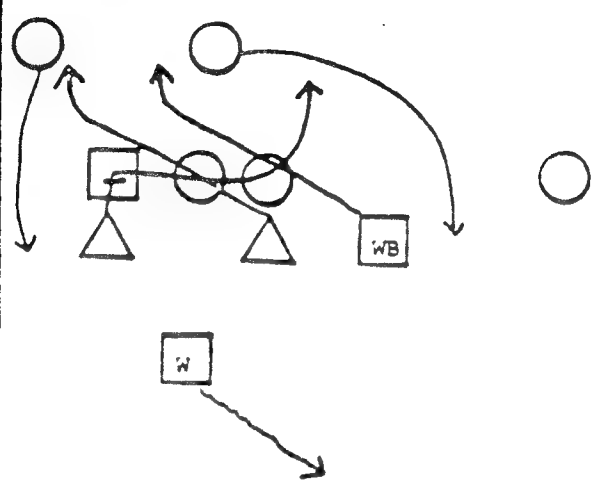
- CP - In order to have a Slam call OLB must be on and coming (green) call side.
- OLB - Same as Slam Strong.
- END - Same as Slam Strong
- WILL - No direct read - Read fast on Flow normal on Flow away.
- NOSE - "O" Technique.

STRONGSIDE SLAM VS. PASS



- OLB - Inside rusher strongside - Rush inside OT if he blocks on you.
- END - Rip Technique - Inside rusher weak side.
- SAM - Coverage called.
- NOSE - Engage and contain rush strong.

WEAKSIDE SLAM VS. PASS



- OLB - Inside rusher weakside - Rush inside OT if he blocks on you.
- END - Rip Technique - Inside rusher strong
- WILL - Coverage called.
- NOSE - Engage and contain rush weakside.

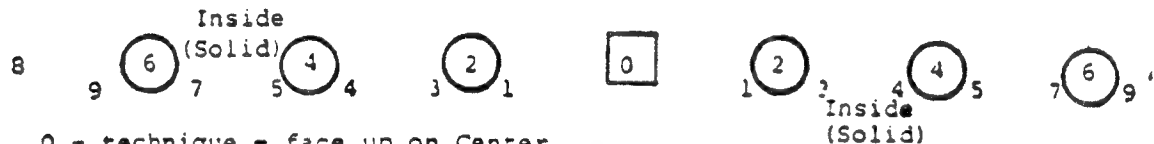
HOLE NUMBERING AND TECHNIQUES

1. NUMBERING

We do not talk about head up or outside shoulder of offensive lineman. We will note responsibility by numbers.

2. RESPONSIBILITY

- a. On all even techniques 0, 2, 4, 6 - you will be responsible for a two gap situation. This refers to both gaps of the offensive lineman you line up.
- b. On all odd techniques 1, 3, 5, 7, 9 - you will be responsible to control the offensive man shoulder, either inside or outside shoulder.



- 0 - technique - face up on Center
- 1 - technique - inside shoulder of Guard
- 2 - technique - face up on Offensive Guard
- 3 - technique - outside shoulder of Offensive Guard
- 4 - technique - head up on Offensive Tackle
- 4 - inside - inside shoulder of Offensive Tackle
- 5 - technique - outside shoulder of Offensive Tackle
- 6 - technique - face up on Tite End
- 7 - technique - inside shoulder of Tite End
- 8 - technique - 2 yards outside Tite End or Weak End Tite
- 9 - technique - outside shoulder of Tite End

3. CHARGE

- a. Nose Tackle - Get off - Lead with hands - Knock center back - work for extension of arms - make things happen on offensive side of line of scrimmage - maintain parallel relationship.
- b. Defensive Ends - Get off - Lead with hands - knock tackle back - work for extension of arm - Make things happen on offensive side of line of scrimmage - Maintain parallel relationship.

4. DEFEAT BLOCKER

- a. Knock him back.
- b. Maintain gap responsibility.
 1. 2 Gap - continue to knock back as you read.
 2. 3, 5, 9 - squeeze hole with man - 2/3 outside, 1/3 inside.
 3. 4 Inside or Solid, 1 or 7 Technique - Play tough and aggressive thru inside shoulder - play pressure and read inside.

Gap Identification Vs. Runs and Stunts



DEFENSIVE LINE

I. PHILOSOPHY AND TECHNIQUE OF PLAYING DEFENSIVE LINE

A. Philosophy of Defensive Line Play

1. While our goal is to be the best defensive team in the League, our first and foremost philosophy is to prevent touchdowns and long gaining plays. This can only be accomplished by complete and thorough understanding of what we are trying to accomplish as a team working in unity. The effectiveness of our defense is measured by the number of points scored against us.

You as a defensive lineman have one of the most important assignments in professional football and is predicated on your ability to rush the pass or get to the ball carrier.

2. Desire

- a. Your desire and attitude as an individual player has a definite bearing on the overall success of our defensive unit. Above all you must sacrifice to be a winner. Desire is the most important ingredient of winning; however, the combination of desire and thorough understanding and knowledge of our system will insure the best results.
 - b. Know your individual assignment on each and every defense called, so that your execution becomes automatic.
 - c. Know the opponent's offensive tendencies so you can make the correct adjustments when necessary.
 - d. When playing the run you must have the desire to defeat and/or drive through your opponent and punish him. If play is not directed at you, you must have the desire to sprint to a correct angle of pursuit to the ball carrier.
 - e. When rushing the passer, you must continuously put pressure on the passer by using proper rushing techniques, by rushing in your own prescribed lane, and a super-human second effort. Above all you must get to the QB and annihilate him.
3. The success of our defense will depend on your desire to practice, execute and understand our defenses.

THE ESSENTIALS OF GOOD DEFENSIVE LINE PLAY

1. MOVE ON MOVEMENT

A. Stance

1. Vs. Run:
 - a. 3 point stance - favor since more adaptable to lineman striking blow and keeping feet under him.
 - b. Want a little more weight on hand than feet. N.T. more weight on feet.
 - c. Feet about shoulder width apart, toe and heel relationship with weight on balls of feet.
 - d. Down hand 4 to 6 inches out in front of head - off hand hanging with elbow slightly bent in front of front knee.
 - e. Hip a little higher than head. N.T., hips lower than shoulders.
 - f. Shoulders & hips parallel with L.O.S.

2. Vs. Pass:

- a. Want more weight on hand.
- b. Want them to elongate stance by putting down hand farther in front and increasing distance between feet to about 1 foot between them.
- c. End may widen and point inside with shoulders about 45 degree angle with L.O.S.

3. Vs. Goal Line & Short yardage:

- a. Want more weight on hand - elbows should be bent with hips slightly higher than head - more flexion in knees (coiled).
- b. 4 point stance desirable.

B. Coaching Points

1. Watch offensive man's fingers or football. When fingers or ball moves, explode with your body in a position that will place your pads or hands underneath the blocker's pads.
2. You should move on the same plane as an offensive blocker.
3. Let body weight roll forward to front foot. Knee should move in a downward motion while stepping with staggered foot, then knee & hip extension will produce the maximum thrust or explosion needed in defeating the blocker.

2. DELIVER A BLOW

A. General characteristics we want to achieve.

1. All movement with hands and arms forward and blow delivered with quickness.
2. Defeat lineman on L.O.S. and pressure him upfield as you shed.
3. Attain operating space, work for full extension of arms.
4. Want to end up with hips and shoulders parallel with L.O.S., working with inside leg slightly forward - do not want fully extended legs anytime other than short yards or goal line.

2. DELIVER A BLOW (Cont'd)

5. Want feet under us and moving - never want a trail leg.
6. Keep face mask lower than blocker's and hands underneath blocker's pads.

B. Hand Shiver Technique

1. Blow is delivered with palms and heel of hands to chest, or shoulders of offensive lineman.
2. Want initial step with staggered foot, squaring feet as blow is struck.
 - a. Lead with hands and bring with your feet with you.
 - b. Hands and staggered foot should come simultaneously.
3. Movement of hands must be all forward - head gear will create the stalemate, hands will create the separation.
4. Important as hands strike and staggered foot is brought forward, drop or roll hips and snap head back to insure balance with feet under him.
5. Blow must be delivered through the man and beyond to give operating space (follow through). Must work for full extension of arms.

3. SHED THE BLOCKER

A. Basic Elements of Shedding:

1. As blow is being delivered, the defensive man must diagnose the blocker's pressure - once he has done that, he must locate the ball while shedding the blocker.
2. Keep feet working in short, choppy steps in order to react quickly to ball.
3. The faster the defensive man can pressure and shed the blocker the faster he can get to the ball.
4. Use hands to push blocker away from body - full arm extension creates the necessary separation.
5. Do not play across blocker until ball is downfield.

4. PURSUE THE FOOTBALL

A. Basic Elements of Pursuit:

1. There are nine holes on offense. The chance of offense getting over your hole is one in nine. Be ready to pursue 8 out of 9 times.
2. Always keep feet moving. Never cross legs from tackle to tackle. Step over prostrate bodies, but don't trip over them.
3. Want to keep hips & shoulders as square as possible and always keep football arm's length in front of you (take away cut back). Make all tackles inside out.
4. Pressure upfield as you pursue (cut down angles).

5. TACKLE THE BALL CARRIER

A. Head on Tackle:

1. Be under control, have a good base, weight carried low. Eyes on target, which are ball carrier's numbers. Must have enough flexing of knees to be able to uncoil and deliver a blow, with head up.

5. TACKLE THE BALL CARRIER (Cont'd)

2. As he reaches "hitting position", he should focus eyes on the man's number and endeavor to drive his face mask through the man's chest.
3. As contact is made the arms should be thrown forward through the lower portion of the rib cage and locked by grasping hands or wrist. The forward movement of the arms should roll hip and straighten back & legs thus giving the tackler the hitting power to drive ball carrier backwards.
4. After contact is made keep feet moving & run through ball carrier.

B. Angle on Tackle:

1. Same as #1 in "Head on Tackle".
2. As he reaches the hitting position, he drives his face mask across in front of ball carrier's number, placing his arms around the lower portion of rib cage, locking them by grasping hand or wrist. The forward movement of the arms should roll hip & straighten back & legs thus giving tackler the hitting power to force ball carrier to change direction.

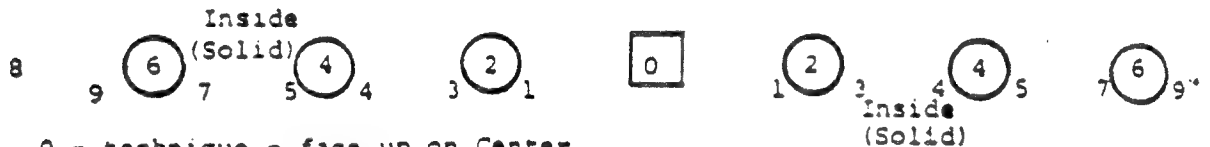
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- On all odd techniques 1,3,5,7,9 - you will be responsible to control the offensive man shoulder, either inside or outside shoulder.



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- 1 - technique - inside shoulder of Guard
- 2 - technique - face up on Offensive Guard
- 3 - technique - outside shoulder of Offensive Guard
- 4 - technique - head up on Offensive Tackle
- 4 - inside - inside shoulder of Offensive Tackle
- 5 - technique - outside shoulder of Offensive Tackle
- 6 - technique - face up on Tite End
- 7 - technique - inside shoulder of Tite End
- 8 - technique - 2 yards outside Tite End or Weak End Tite
- 9 - technique - outside shoulder of Tite End

3. CHARGE

- Nose Tackle - Get off - Lead with hands - Knock center back - work for extension of arms - make things happen on offensive side of line of scrimmage - maintain parallel relationship.
- Defensive Ends - Get off - Lead with hands - knock tackle back - work for extension of arm - Make things happen on offensive side of line of scrimmage - Maintain parallel relationship.

4. DEFEAT BLOCKER

- Knock him back.
- Maintain gap responsibility.
 - 2 Gap - continue to knock back as you read.
 - 3,5,9 - squeeze hole with man - 2/3 outside, 1/3 inside.
 - 4 Inside or Solid, 1 or 7 Technique - Play tough and aggressive thru inside shoulder - play pressure and read inside.

Gap Identification Vs. Runs and Stunts



ZERO TECHNIQUE

Stance - Three point - feet staggered - shoulders parallel to L.O.S.

Alignment - zero - close to L.O.S. as possible.

Key - Center, periph both Guards - read the triangle. Know the formation and the location of the backs.

Execution - Move on movement or ball reading on the run.

Deliver blow with hands, work for full extension of arms. Pressure blocker upfield.

Responsibility - A gap each side of center. You have 2-Gap responsibility. Eliminate any back coming through the line.

Reaction -

1. Center blocks on you.



- A. Straight Block - Knock center back - pressure upfield - control blocker, do not take a side until ball carrier commits. Be parallel - Find ball.

- B. Hook Block - Knock center back - Stay on inside half of blocker until ball carrier commits. Push blockers outside shoulder backwards - if face mask needed, it should end up in blockers ear. Do not play across blocker until ball is downfield.

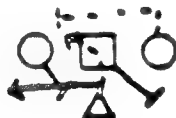
2. Center and either Guard block on, you:



- A. Double team - Collapse knee - twist shoulders & hips - Drop hand to ground & work upfield. If getting washed hit the ground & create a pile, work upfield driving your outside shoulder through near leg of drive blocker - cannot be driven back.

- B. Slip Block - pressure center upfield - force center on flat release - get away from guard upfield. If wide slip may have to grab center.

3. Center blocks back.



- A. Down block - work back through guard with near pad or beat guard upfield - pull of guard may be best read. Also be ready for tackle nose trap either way if no down block.

ZERO TECHNIQUE (Cont'd)

4. If center pulls or crossblocks. A. Lon block - hold on to offensiv center if possible. If not possible, beat guard's block an go with center or work back through guard with near pad.



5. Pass:

- A. Go to your rush lane according to defensive coverage called.



6. Influence Block (Dick) - Work back inside - Can diagnose by soft hook & pull.



ONE TECHNIQUE

Stance - Three point - feet staggered - shoulder parallel to L.O.S.

Alignment - A Gap.

Key - Guard, periph center

Execution - Move on movement or ball. Step to guard with near foot - take guard on with near pad - React to guard's block. If guard does not block you, react to center's block.

Responsibility - A Gap

Reaction -

1. Guard blocks on you.



A. Down block or double team - take blocker on with near pad - stab off with inside hand and work across blocker.



B. Cut off block or slip block - take blocker on with near pad or hands - Work back inside away from guard - Be alert for cut.

2. Center blocks on you.



A. Hook block or slip block - Force guard outside and on a flat release - Get away from center upfield - Cannot let guard chip you to center.

C.P. - Center should never be able to hook you unless guard chips.



B. Center back blocks - Go with pulling guard or work back through center with near pad - If caught on center's block, spin.

ONE TECHNIQUE (continued)

3. No one blocks on you.



A. Trap block - step back inside and take trap blocker on with outside pad.

4. Guard and Center shows pass.



A. Drive through area of responsibility, continue on inside rush - Center will probably be assigned to block you.

RINGO OR LUCKY TECHNIQUE

Stance - Three point - feet staggered - shoulders parallel to L.O.S.

Alignment - Zero - close to L.O.S. as possible.

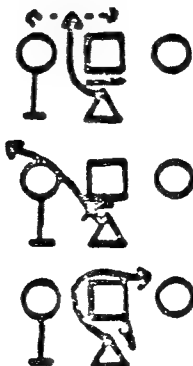
Keys - Center, Guard to stunt side. Know the formation and the location of the Backs.

Execution - move on movement or ball reading keys on the run. Lead step cross over with far foot, twist hips and upper cut with inside arm getting penetration through A gap unless guard blocks on you then react to his block. Read both blockers as you move. May use lateral step technique or jump around technique.

Responsibility - A gap to stunt side. Eliminate any Back coming through the line.

Reactions -

1. Center blocks on you and Guard straight blocks:

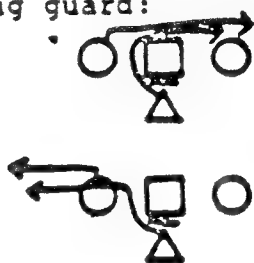


A. Straight Block - Get penetration through A Gap.

B. Hook Block - Get width and depth through A Gap.

C. Cut off Block - Start to A gap then react back to inside.

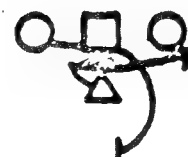
2. Center blocks on you and Guard pulls - go with pulling guard:



3. Center and Guard block on you:



A. Double Team - Work across Guard with near pad. If caught in double team, hit the ground and create a pile - cannot be driven back.



B. Slip block - take guard on with near pad - work back inside down L.O.S. behind center.

RINGO OR LUCKY TECHNIQUE (Cont'd)

4. Center blocks back:



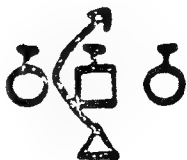
A. Down block - work through guard with near pad. Also be ready to tackle nose trap either way if down block.

5. Center pulls or cross blocks:



A. Lon block - work back through guard with near pad or grab center

6. Pass:



A. Rush passer through A gap.

OFF SET ZERO TECHNIQUE

Stance - Three point - feet staggered - shoulders parallel to L.O.S.

Alignment - Off set Zero - Close to L.O.S. as possible.

Key - Center, periph guard. Know the formation and location of the backs.

Execution - move on movement or the ball reading on the run. Deliver blow with hands, work for full extension of arms.

Responsibility - A gap. Keep center off Mike. Eliminate any back coming through the line.

Reactions -

1. Center blocks on you:



A. Hook Block - work outside through blocker - maintain gap - pressure upfield.



B. Back block - squeeze blocker into hole. Do not work across blocker's head until you are absolutely sure ball carrier cannot break outside of you.

2. Center and guard block on you:



A. Double team - Collapse knee - twist shoulders & hips - Drop hand to ground & work upfield. If getting washed hit the ground and create a pile, work upfield driving your outside shoulder through near leg of drive blocker.



B. Slip Block - keep center of Sam - force center on flat release - get away from guard upfield. If wide slip may have to grab guard.

3. Center blocks back.



A. Down block - work back outside through guard's block with near pad. Also be ready for tackle nose trap either way if no down block.

OFF SET ZERO TECHNIQUE (Cont'd)

4. Center pulls or cross blocks:



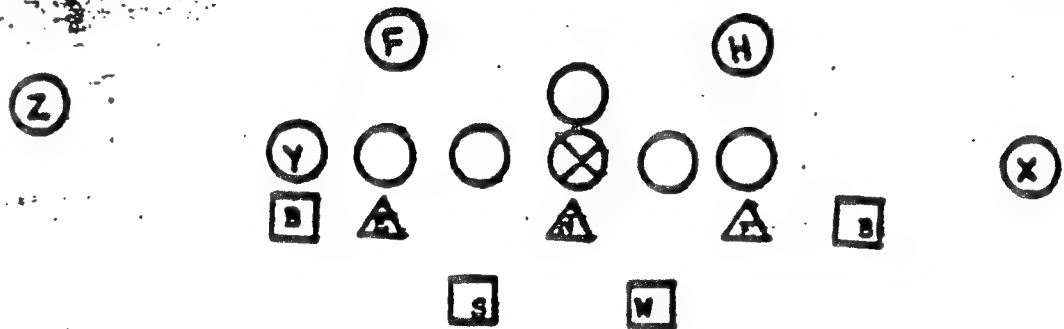
A. Lon block - work back outside through guard's block with near

5. Pass:



A. Go to your rush lane according to defensive coverage called.

PHILOSOPHY AND RESPONSIBILITY IN STACK DEFENSE



Our basic defense is a stack defense. The philosophy is we are using three down Lineman and four Backers. We feel that this defense will give us great pursuit on outside plays and will force our opponents to run the ball inside. This defense is very sound and the success in using this type of defense is 1) discipline by men playing the defense called 2) knowing the strength and weakness of this defense in order to make these calls on the field, it is imperative that we fully understand what we are trying to accomplish.

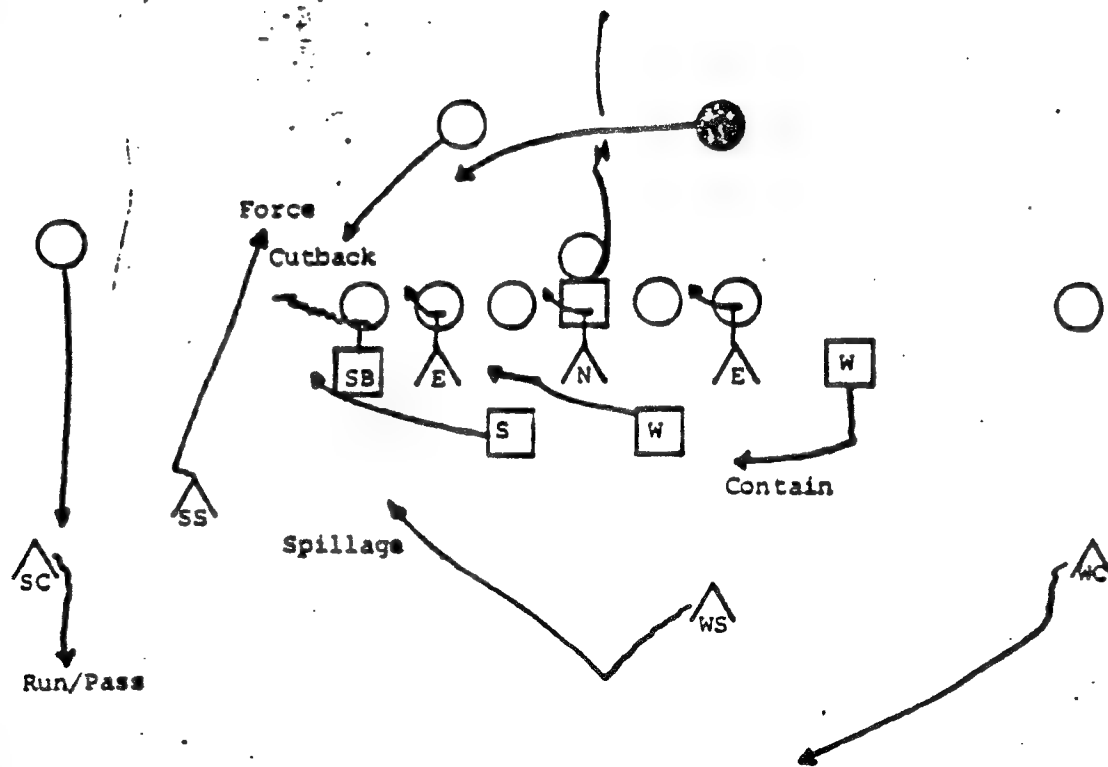
In general, our defense has 9 gaps and we will cover the nine gap with seven men. In order to accomplish this, two players will be responsible for two gaps. This type of defense takes great discipline in doing your job first, then helping at another area.

2.

GENERAL STRONGSIDE PURSUIT ANGLES OF STACK DEFENSE

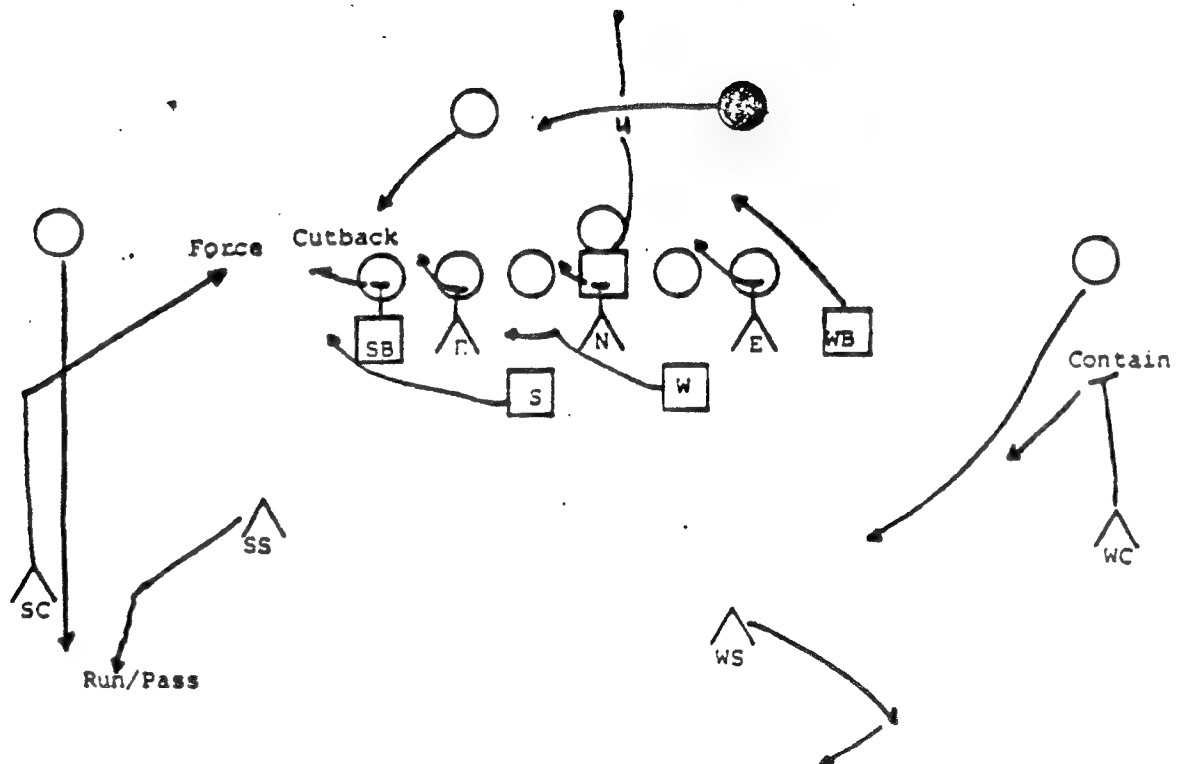
(Covers 1, 3, 5C, Blitz)

1.



(Cover 2)

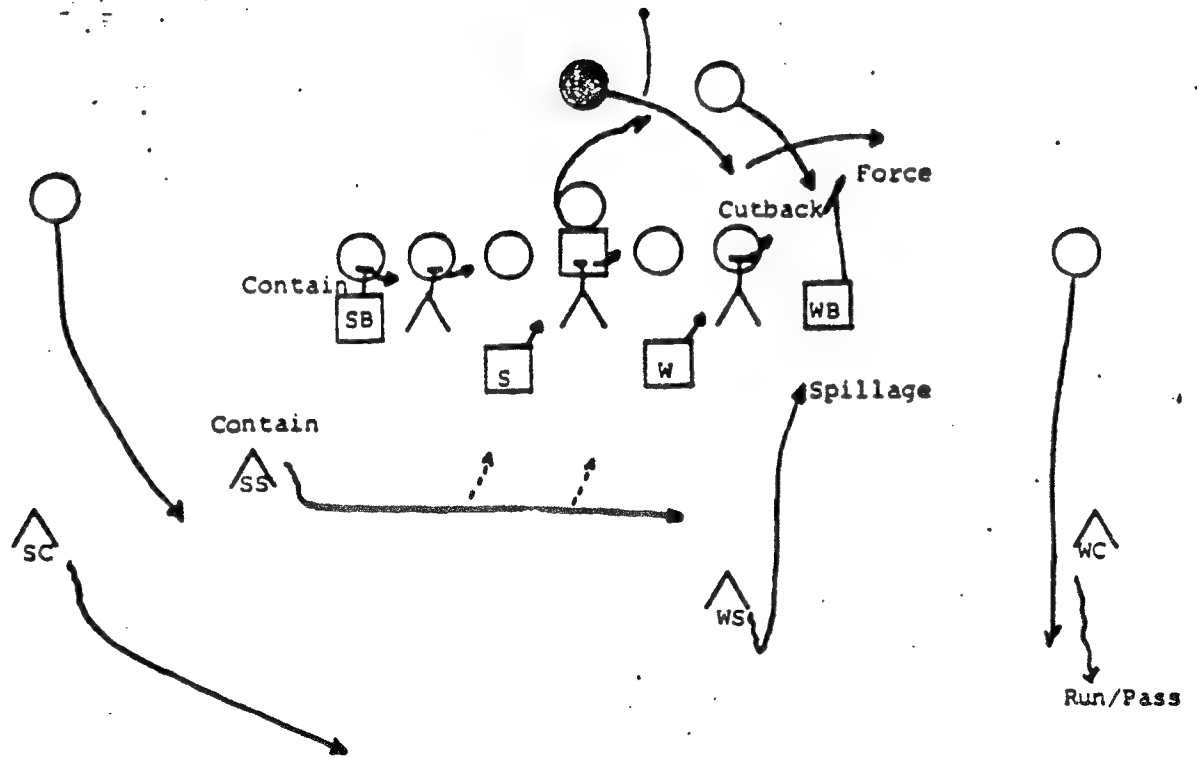
2.



GENERAL WEAKSIDE PURSUIT ANGLES OF STACK DEFENSE

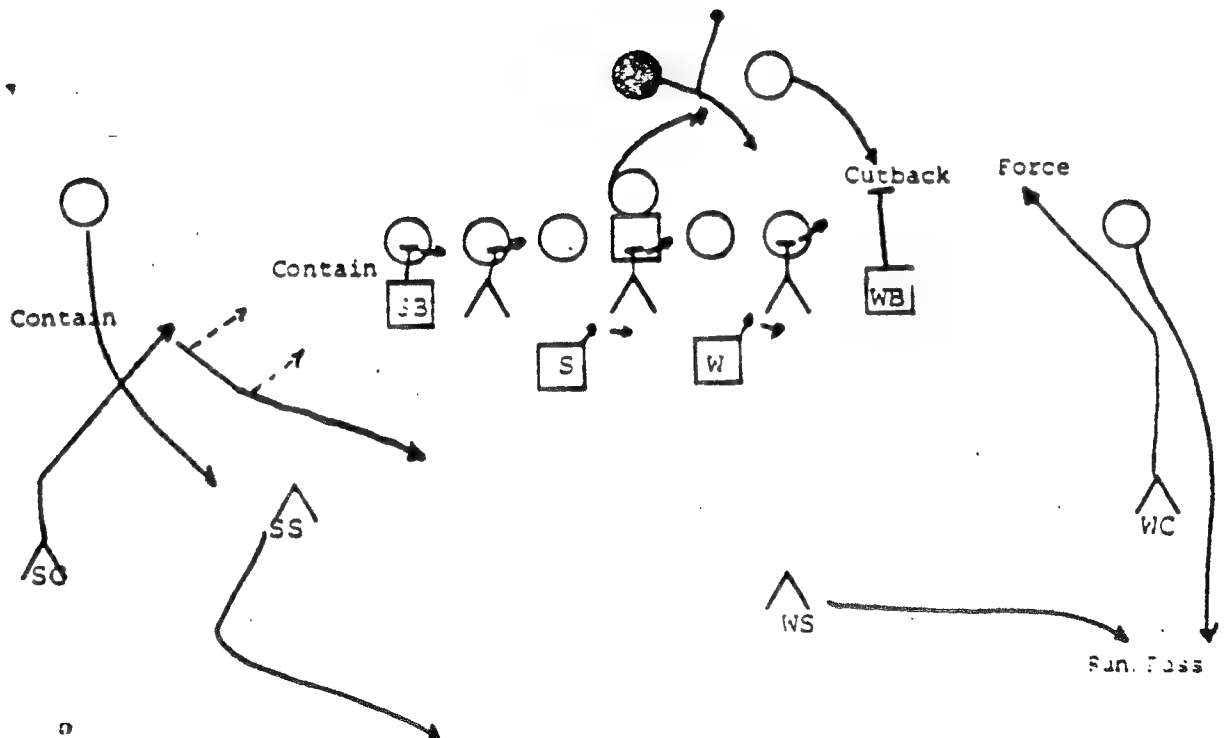
(Covers 1, 3, Blitz)

3

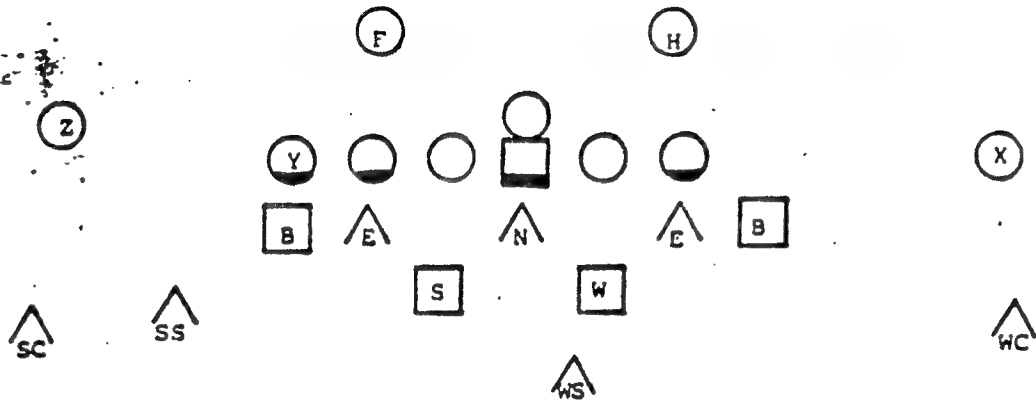


(Covers 2, 4, SC)

4



STACK



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG END</u>	4 Alignment	Tackle, Tight End, Guard, Near Back	1. 2 Gap responsibility - Close inside gap on play away
<u>NOSE</u>	"O" Alignment	Center, Guards, Back	1. 2 Gap 2. Keep center off Sam & Will (Slip)
<u>WEAK END</u>	4 Alignment	Tackle, Guard, Near Back	1. 4 Technique - 2 Gap Close inside gap on play away
<u>STRONG BACKER</u>	1. Corner or Safety Force 6 Technique 2. Backer Force 9 Technique	Tight End, Tackle, Near Back, Guard	<u>MAKE CALL TO END</u> 1. 6 Technique - off tackle and cut back 2. 9 Technique - force 3. Contain rusher vs. pass
<u>SAM</u>	Head up on Guard 3 1/4-4 yds. deep	Near Back, Guard, Weak Back	Fast, Slow or Direct
<u>WILL</u>	Head up on Guard 3 1/4-4 yds. deep	Strong Back, Guard, Weak Back	Fast, Slow or Direct
<u>WEAK BACKER</u>	1. Backer Force 9 Technique 2. Safety or Corner Force 6 Technique	Weak Back, Guard, Tackle	<u>MAKE CALL TO END</u> 1. 9 Technique - force 2. 6 Technique - off tackle and cut back

STACK RUN STUNTS

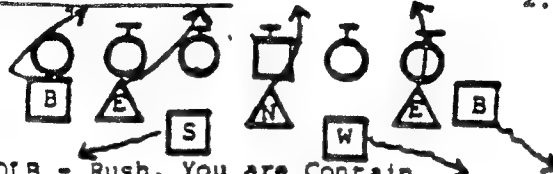
RIP STRONG VS. RUN



C.P. - Can only run when OLB is Green
OLB - Normal 6 Technique
End - Rip Technique
Sam - No Direct Read - Scrape on Flow to you, Normal on Flow Away - Slow Read Fan Block

1.

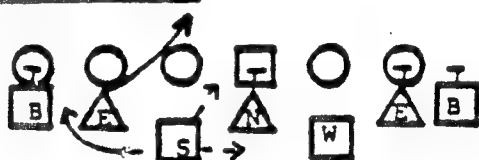
RIP STRONG VS. PASS



OLB - Rush, You are Contain
End - Same - Rush across Fan Block
Sam - Coverage called

2.

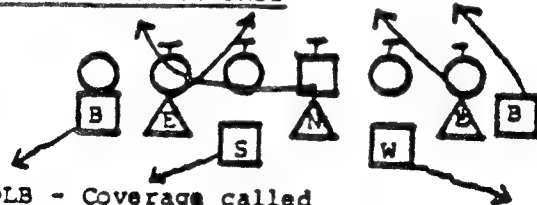
RAM STRONG VS. RUN



C.P. - Can only run when OLB is Blue
End - Rip Technique
N.T. - O Technique
Sam - Same as Rip
OLB - Normal 6 or 9 Technique

3.

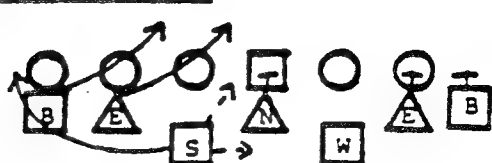
RAM STRONG VS. PASS



OLB - Coverage called
End - Same as Rip
N.T. - Engage and contain rush strong - automatic You game
Sam - Coverage called

4.

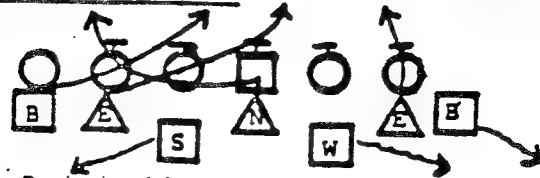
SLAM STRONG VS. RUN



C.P. - Can only run when OLB is Green
OLB - Penetrate C Gap working to B Gap
End - Rip Technique - Aim for Guards hips - Work across Gut or Fan Block
Sam - No direct read - Read fast on Flow to, Normal on Flow Away

5.

SLAM STRONG VS. PASS



OLB - Rush inside - Rush inside O.T. if he blocks on you
End - Rip Technique - Inside rusher Weakside
N.T. - Engage and Contain rush strong
Sam - Coverage called

6.

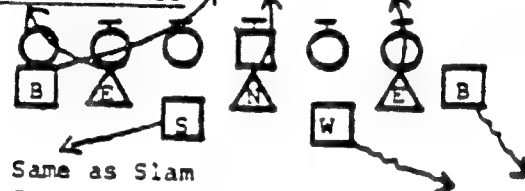
X STRONG VS. RUN



C.P. - Will only be run with Y Flex
OLB - Same as Slam
End - Lateral step with outside foot, let OLB clear working upfield - You are Contain - Chase on plays away
Sam - Same as Rip

7.

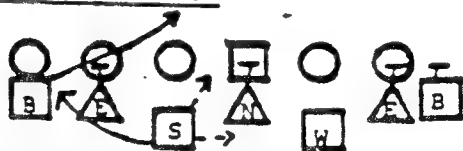
X STRONG VS. PASS



OLB - Same as Slam
End - Contain rush
Sam - Coverage called

8.

STUFF STRONG VS. RUN



C.P. - Will only be run Vs. Y Flex
OLB - Same as Slam
End - 4 Technique - Chase if cutoff block & Flow Away
Sam - Same as Slam

9.

STUFF STRONG VS. PASS

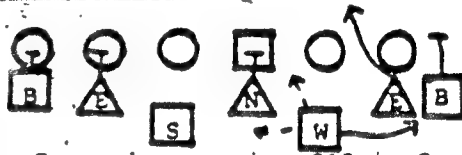


OLB - Same as Slam
End - Engage & Contain - If O.T. sets deep or Fan blocks, break it off
Sam - Coverage called

10.

STACK RUN STUNTS

1. RIP WEAK VS. RUN



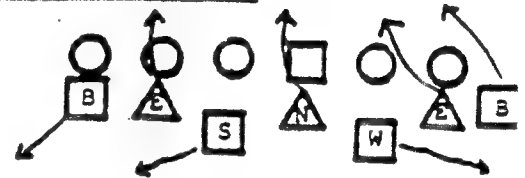
C.P. - Can only run when OLB is Green

OLB - 9 Technique if force - 6 Technique if Cutback

End - Rip Technique

Will - No direct read, scrape on Flow to you
Normal on Flow Away - Slow read on Fan Block

2. RIP WEAK VS. PASS

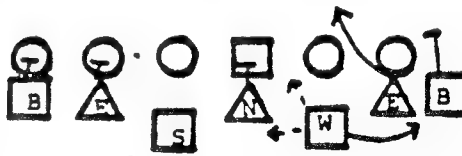


OLB - Rush, You are Contain

End - Same - Rush across Fan Blo.

Will - Coverage called

3. RAM WEAK VS. RUN



C.P. - Can only run when OLB is Blue

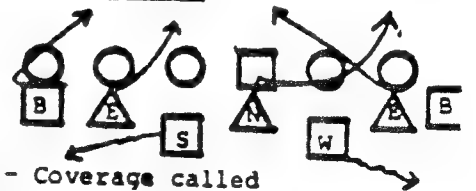
OLB - Normal 9 Technique

End - Rip Technique

N.T. - O Technique

Will - Same as Rip

4. RAM WEAK VS. PASS



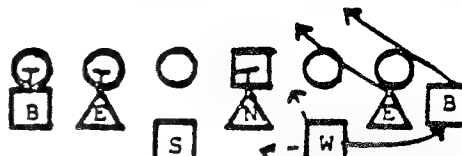
OLB - Coverage called

End - Same as Rip

N.T. - Engage and contain rush weak!
Automatic You Game

Will - Coverage called

5. SLAM WEAK VS. RUN



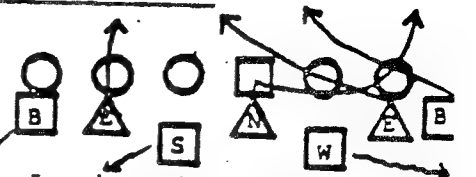
C.P. - Can only run when OLB is Green

OLB - Penetrate C Gap working to B Gap

End - Rip Technique - Aim for guards hip -
Work across Gut or Fan block

Will - No Direct Read - Read fast on flow to -
Normal on Flow Away

6. SLAM WEAK VS. PASS

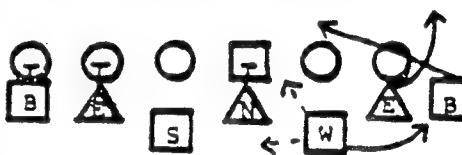


OLB - Inside rusher - Rush inside C
if he blocks on you

End - Rip Technique - Inside rusher:
strong side

N.T. - Engage & contain rush weak side
Will - Coverage called

7. X WEAK VS. RUN

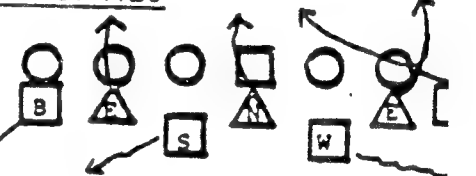


OLB - Same as Slam

End - Lateral step with outside foot, let
OLB clear - work upfield - You are Contain -
Chase on plays away

Will - Same as Rip

8. X WEAK VS. PASS

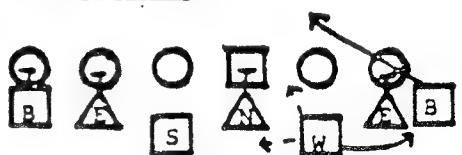


OLB - Same as Slam

End - Contain Rush

Will - Coverage called

9. STUFF WEAK VS. RUN

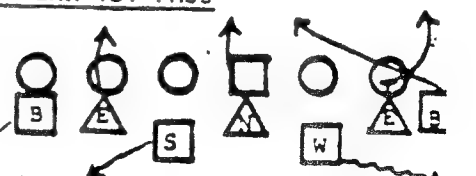


OLB - Same as Slam

End - 4 Technique - Chase if cutoff block &
Flow Away

Will - Same as Slam

10. STUFF WEAK VS. PASS



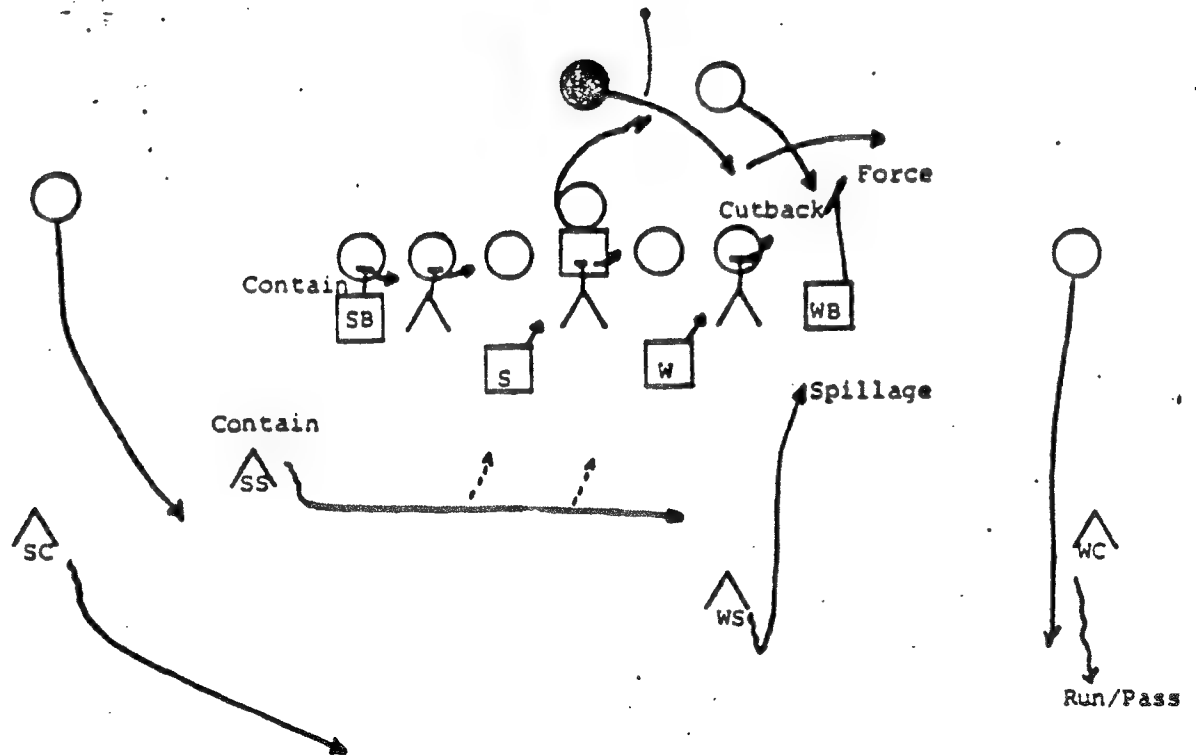
OLB - Same as Slam

End - Engage & Contain - If N.T. see
or Fan blocks, break it off

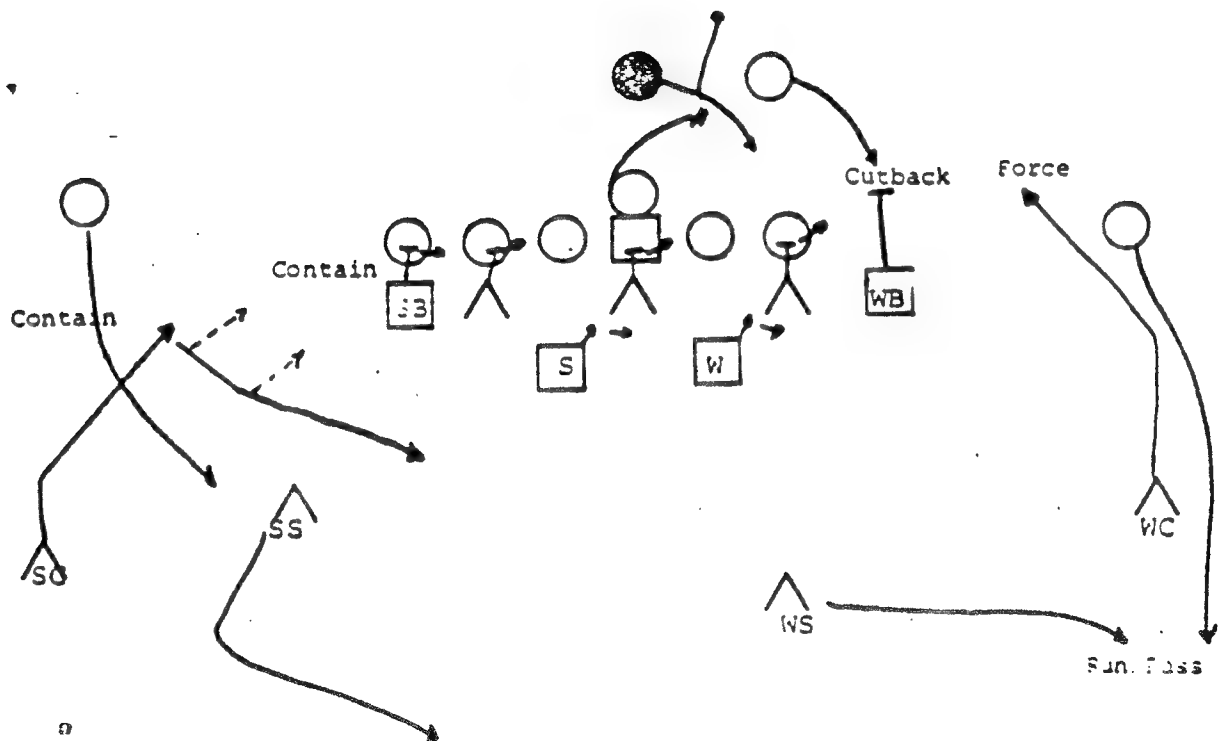
Will - Coverage called

GENERAL WEAKSIDE PURSUIT ANGLES OF STACK DEFENSE

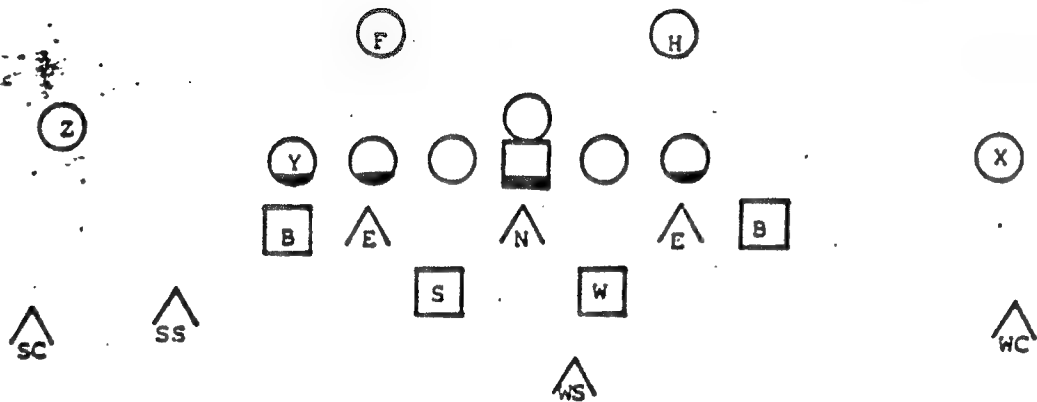
(Covers 1, 3, Blitz)



(Covers 2, 4, 5C)



STACK



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG</u> <u>END</u>	4 Alignment	Tackle, Tight End, Guard, Near Back	1. 2 Gap responsibility - Close inside gap on play away
<u>NOSE</u>	"O" Alignment	Center, Guards, Back	1. 2 Gap 2. Keep center off Sam & Will (Slip)
<u>WEAK</u> <u>END</u>	4 Alignment	Tackle, Guard, Near Back	1. 4 Technique - 2 Gap Close inside gap on play away
<u>STRONG</u> <u>BACKER</u>	1. Corner or Safety Force 6 Technique 2. Backer Force 9 Technique	Tight End, Tackle, Near Back, Guard	<u>MAKE CALL TO END</u> 1. 6 Technique - off tackle and cut back 2. 9 Technique - force 3. Contain rusher vs. pass
<u>SAM</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, Weak Back	Fast, Slow or Direct
<u>WILL</u>	Head up on Guard 3 1/2-4 yds. deep	Strong Back, Guard, Weak Back	Fast, Slow or Direct
<u>WEAK</u> <u>BACKER</u>	1. Backer Force 9 Technique 2. Safety or Corner Force 6 Technique	Weak Back, Guard, Tackle	<u>MAKE CALL TO END</u> 1. 9 Technique - force 2. 6 Technique - off tackle and cut back

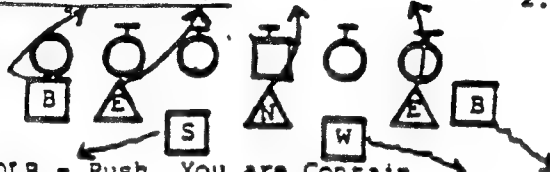
STACK RUN STUNTS

RIP STRONG VS. RUN



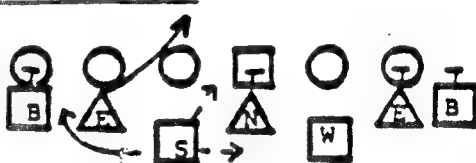
C.P. - Can only run when OLB is Green
OLB - Normal 6 Technique
End - Rip Technique
Sam - No Direct Read - Scrape on Flow to you, Normal on Flow Away - Slow Read Fan Block

RIP STONG VS. PASS



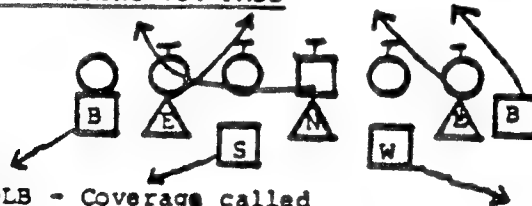
OLB - Rush, You are Contain
End - Same - Rush across Fan Block
Sam - Coverage called

RAM STRONG VS. RUN



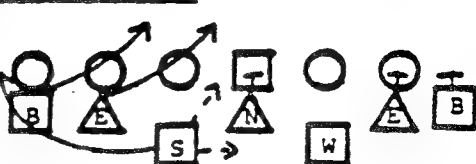
C.P. - Can only run when OLB is Blue
End - Rip Technique
N.T. - O Technique
Sam - Same as Rip
OLB - Normal 6 or 9 Technique

RAM STRONG VS. PASS



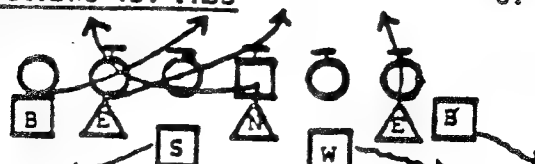
OLB - Coverage called
End - Same as Rip
N.T. - Engage and contain rush strong - automatic You game
Sam - Coverage called

SLAM STRONG VS RUN



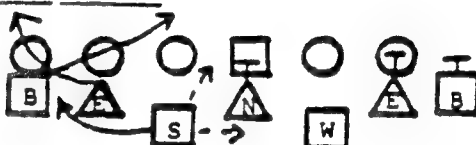
C.P. - Can only run when OLB is Green
OLB - Penetrate C Gap working to B Gap
End - Rip Technique - Aim for Guards hips-Work across Gut or Fan Block
Sam - No direct read-Read fast on Flow to, Normal on Flow Away

SLAM STRONG VS. PASS



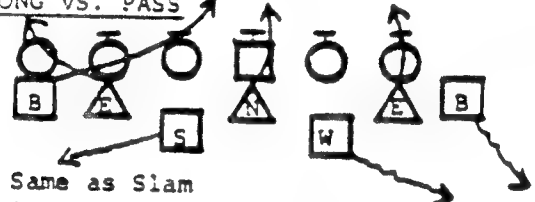
OLB - Rush inside-Rush inside O.T. if he blocks on you
End - Rip Technique-Inside rusher Weakside
N.T. - Engage and Contain rush strong
Sam-Coverage called

X STRONG VS. RUN



C.P. - Will only be run with Y Flex
OLB - Same as Slam
End - Lateral step with outside foot, let OLB clear working upfield-You are Contain - Chase on plays away
Sam - Same as Rip

X STRONG VS. PASS



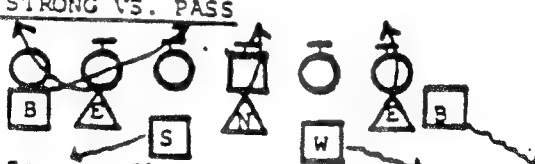
OLB - Same as Slam
End - Contain rush
Sam - Coverage called

STUFF STRONG VS. RUN



C.P. - Will only be run Vs. Y Flex
OLB - Same as Slam
End - 4 Technique-Chase if cutoff block & Flow Away
Sam - Same as Slam

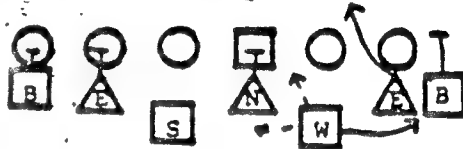
STUFF STRONG VS. PASS



OLB - Same as Slam
End - Engage & Contain- If O.T. sets deep or Fan blocks, break it off
Sam - Coverage called

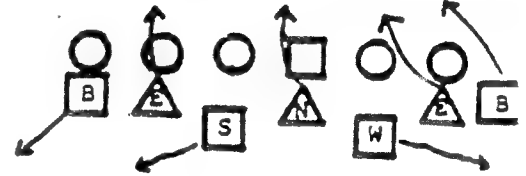
STACK RUN STUNTS

1. RIP WEAK VS. RUN



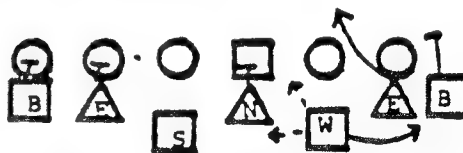
C.P. - Can only run when OLB is Green
OLB - 9 Technique if force - 6 Technique if Cutback
End - Rip Technique
Will - No direct read, scrape on Flow to you
 Normal on Flow Away - Slow read on Fan Block

2. RIP WEAK VS. PASS



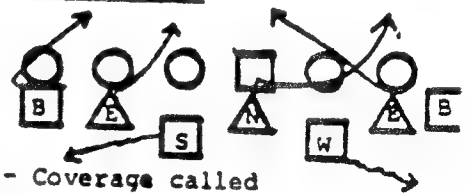
OLB - Rush, You are Contain
End - Same - Rush across Fan Block
Will - Coverage called

3. RAM WEAK VS. RUN



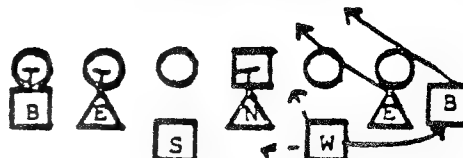
C.P. - Can only run when OLB is Blue
OLB - Normal 9 Technique
End - Rip Technique
N.T. - 0 Technique
Will - Same as Rip

4. RAM WEAK VS. PASS



OLB - Coverage called
End - Same as Rip
N.T. - Engage and contain rush weak
 Automatic You Game
Will - Coverage called

5. SLAM WEAK VS. RUN



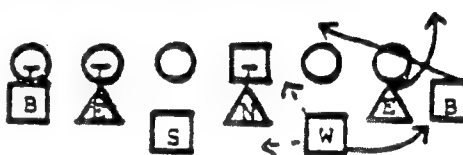
C.P. - Can only run when OLB is Green
OLB - Penetrate C Gap working to B Gap
End - Rip Technique - Aim for guards hip - Work across Gut or Fan block
Will - No Direct Read-Read fast on flow to - Normal on Flow Away

6. SLAM WEAK VS. PASS



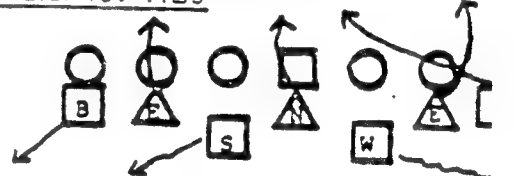
OLB - Inside rusher - Rush inside if he blocks on you
End - Rip Technique - Inside rusher - Strong side
N.T. - Engage & contain rush weak side
Will - Coverage called

7. X WEAK VS. RUN



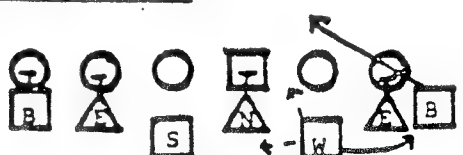
OLB - Same as Slam
End - Lateral step with outside foot, let OLB clear - work upfield - You are Contain- Chase on plays away
Will - Same as Rip

8. X WEAK VS. PASS



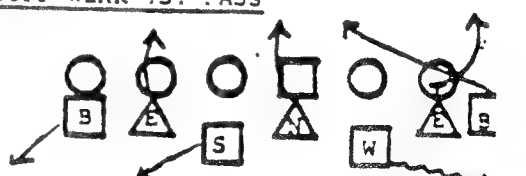
OLB - Same as Slam
End - Contain Rush
Will - Coverage called

9. STUFF WEAK VS. RUN



OLB - Same as Slam
End - 4 Technique - Chase if cutoff block & Flow Away
Will - Same as Slam

10. STUFF WEAK VS. PASS

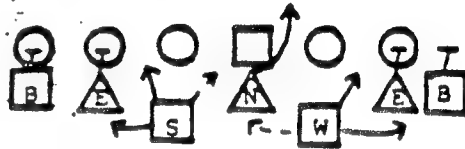


OLB - Same as Slam
End - Engage & Contain - If N.T. or Fan blocks, break it off
Will - Coverage called

STACK RUN STUNTS

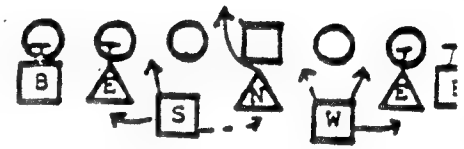
RINGO

1



N.T. - Ringo Technique
 Sam - Normal read on Flow to - Slow read on Flow Away
 Will - Normal read on Flow to - Fast read on Flow Away

LUCKY



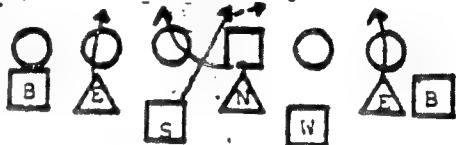
N.T. - Lucky Technique
 Sam - Normal read on Flow to - P. on Flow Away
 Will - Normal read on Flow to - S. on Flow Away



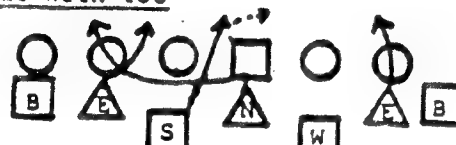
2



STACK PASS RUSH STUNT OR GAMES

1. BULLET (can be run from Up or Off)

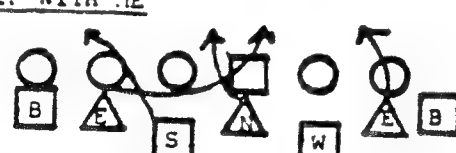
N.T. - Flash or Engage and come around to side I.L.B. is rushing - Rush A or B Gap. Must Engage if run from Off.
Sam - Rush near A Gap working to far A Gap.

2. BULLET WITH YOU

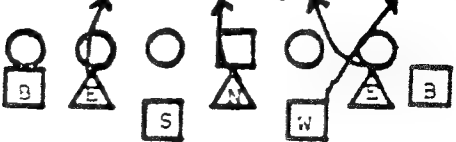
N.T. - Same as Bullet but rush B or C Gap - You are Contain.
End - Rush B Gap.
Sam - Same as Bullet.

3. SAMMIE (can be run from Up or Off)

End - Flash or Engage and come around to side Sam is rushing. Rush B or A Gap. Must Engage if run from Off.
Sam - Rush B Gap working to C Gap - You are Contain.

4. SAMMIE WITH ME

N.T. - Push A Gap to T.E. side.
End - Flash & come around to side Sam is rushing. Rush Far A Gap.
Sam - Same as Sammie.

5. WILLIE (can be run from Up or Off)

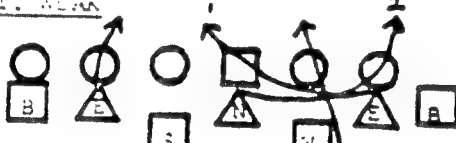
End - Flash or Engage and come around to side Will is rushing. Rush B or A Gap.
Will - Rush B Gap working to C Gap. You are Contain.

6. WILLIE WITH ME

N.T. - Rush A Gap to open side.
End - Flash & come around to side Will is rushing. Rush Far A Gap.
Will - Same as Willie.

7. SINK IT STRONG

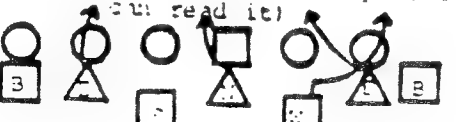
End - Rush through Center on - Gap - Work to Far A Gap.
N.T. - Back off ball - Come behind End - Rush C Gap - You are Contain.
Sam - Fake drop - Push A or B Gap.

8. SINK IT WEAK

End - Same
N.T. - Same
Will - Same as Sam.

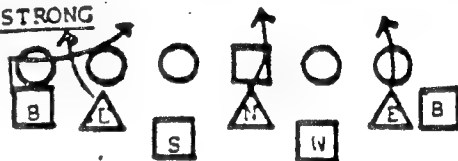
9. SCRAPE STRONG (can be run from Up or Off - can read it)

End - Rip Technique or Pass Rush Technique is side depending on Down & Distance.
Read - If Guard blocks you, grab him & slide outside (grab or far blocking) - If Guard pulls outside or slides inside, penetrate.
Sam - Stop at Guard then scrape outside. Read - start to scrape, rush A Gap outside or slides inside.
Will - Same as Sam.

10. SCRAPE WEAK (can be run from Up or Off - can read it)

End - Same
Will - Same as Sam

STACK PASS RUSH STUNT OR GAMES

LOOP STRONG

End - Penetrate C Gap - Use Slap upper cut technique.

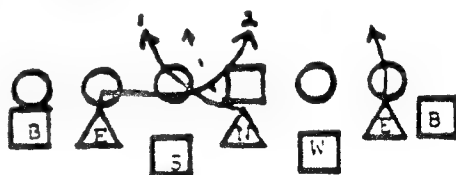
OLB - Rush upfield 2 to 4 step and come inside behind end.

C.P. - If end run blocks, play 6 technique.

LOOP WEAK

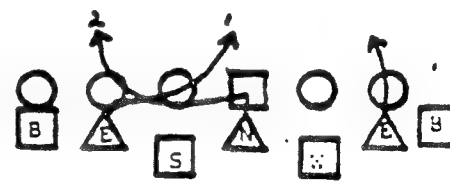
End - Same

OLB - Same

ME

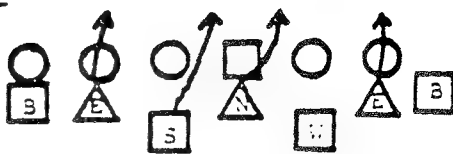
N.T. - Rush B Gap - You are Contain. If OLB involved in game, rush A Gap.

End - Engage and come behind N.T. - Rush A Gap. If OLB in game, rush far A Gap.

YOU

N.T. - Engage and come behind End - Rush C Gap - You are Contain.

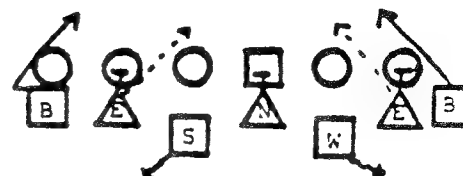
End - Flash and rush inside - Rush a Guard if Fan block.

BANDIT

N.T. - Rush A Gap away from ILB.

Sam - Rush A Gap

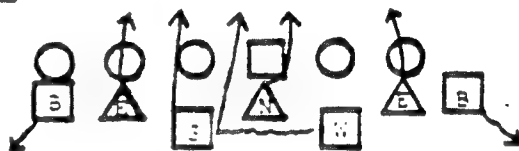
Will - B Gap responsibility to Flow side

FOX (both OLB's rushing)

OLB - 9 Technique - Come on Snap - You are Force

End - 4 Technique Vs. Run - Green Vs.

ILB - Coverage on Backs - N.T. - Te

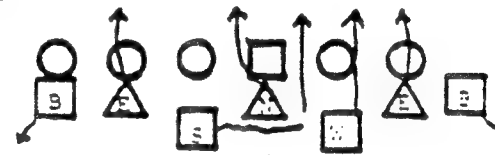
TIGER (both ILB's to Tite End side rushing)

OLB - Coverage on Backs

End - 4 Technique Vs. Run - Blue Vs. Pass

ILB - Rush A & B Gap to T.E. side

N.T. - Rush A Gap to Open side

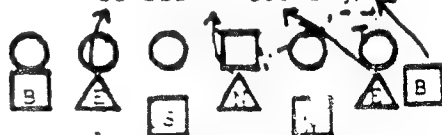
BEAR (both ILB's to open side rushing)

OLB - Coverage on Backs

End - 4 Technique Vs. Run - Blue Vs.

ILB - Rush A & B Gap to Open side

N.T. - Rush A Gap to T.E. side

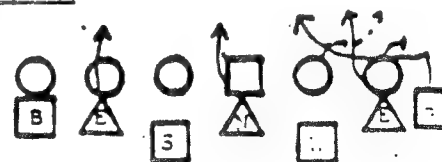
GREEN READ (Vs. Area blocking, G. blocking, or Slide blocking)

End - Penetrate B or A gap - You are inside rusher - (Tackle will block you)

OLB - Read tackle - Tackle block End,

Penetrate C gap - You are Contain -

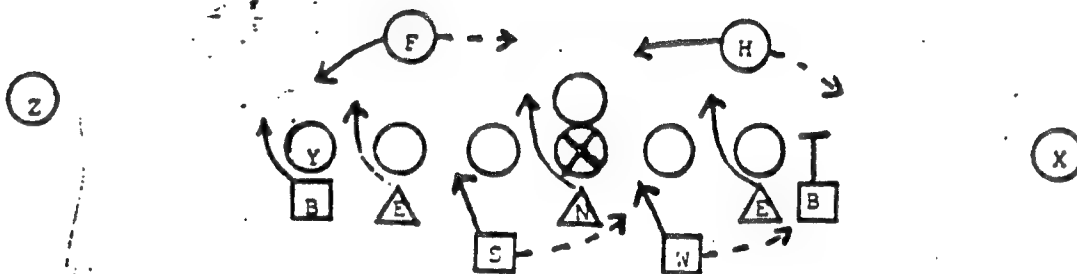
(Guard or Back will block you)

GREEN READ (Vs. Fan blocking)

End - Penetrate B gap, work - (Tackle G. & T. - You are Contain - (Tackle will block you))

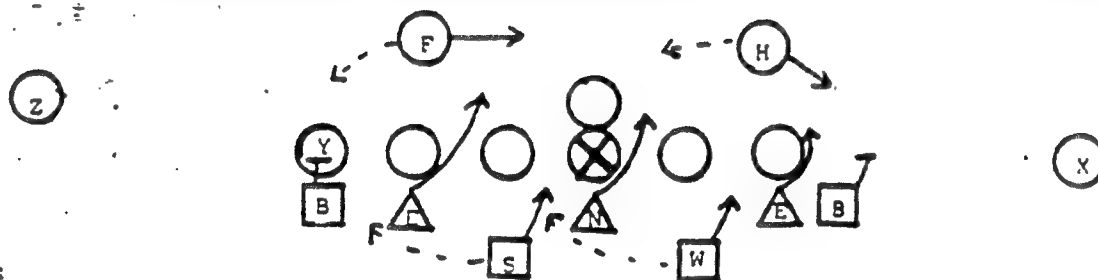
OLB - Read tackle - Tackle block you Execute same as loop -

STACK DIRECTIONS (Lo ie)



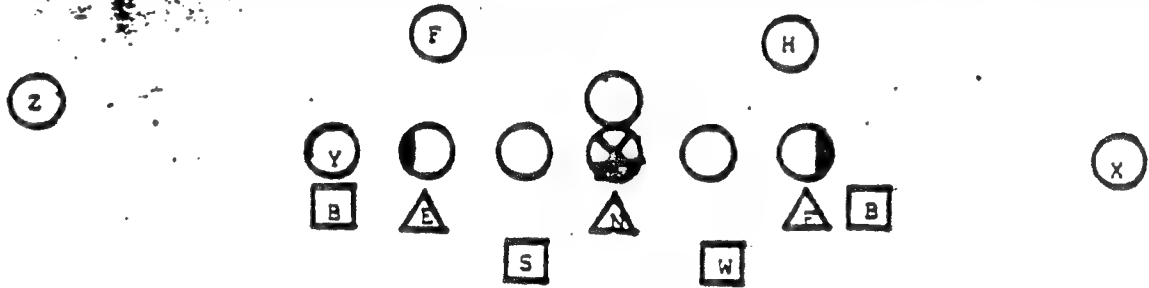
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG</u> <u>END</u>	4 Alignment	Ball, Tackle, End	Outside 5 Technique 1. Hang on outside shoulder of O.T. if no Tite End
<u>NOSE</u>	O Alignment	Ball, Center, Strong Guard	Ringo Technique
<u>WEAK</u> <u>END</u>	4 Alignment	Ball, Guard, Tackle	Rip Technique
<u>STRONG</u> <u>BACKER</u>	6 Alignment	T.E., Near Back Guard	6 Technique - Cutback responsibility C.P. - Work thru outside shoulder of Y
<u>SAM</u>	S A M E A S	S T A C K	<u>Direct</u> or Fast Read on Flow to - Fast on Flow Away
<u>WILL</u>	S A M E A S	S T A C K	No Direct Read - Fast Read on Flow to Flow - Normal Read on Flow Away
<u>WEAK</u> <u>BACKER</u>	9 Alignment	Near Back, Guard, Tackle C.P. - Tackling Flow Read on	6 Technique - Cutback responsibility

STACK DIRECTIONS (POGER)



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG END</u>	4 Alignment	Ball, Guard, Tackle	Pip Technique
<u>NOSE</u>	0 Alignment	Ball, Center, Weak Guard	Ringo Technique
<u>WEAK END</u>	4 Alignment	Ball, Tackle, End	Outside 5 Technique 1. Hang on outside shoulder of O.T. if no Tite End
<u>STRONG BACKER</u>	6 Alignment	T.E., Near Back, Guard	6 Technique - Cutback Responsibility
<u>SAM</u>	S A M E A S	S T A C K	No Direct Read - Fast Read on Flow to Normal Read on Flow Away
<u>WILL</u>	S A M E A S	S T A C K	<u>Direct</u> or Fast on Flow to Fast on Flow Away
<u>WEAK BACKER</u>	9 Alignment	Near Back, Guard, Tackle C.P. - T.E. Weak, Key him also	9 Technique - Force Responsibility

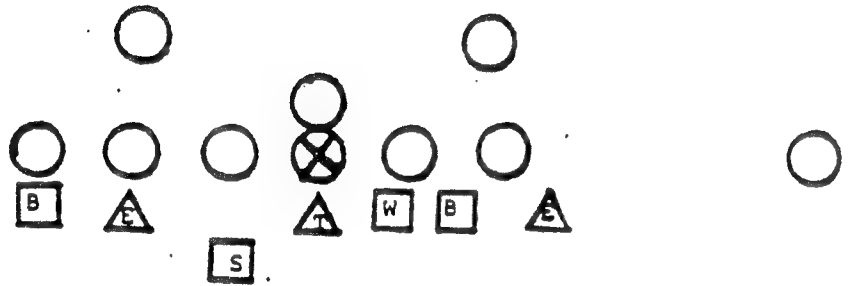
STACK OKIE



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG</u> <u>END</u>	5 Alignment	Tackle, Tight End, Near Back	1. 5 Technique
<u>NOSE</u>	SAME AS STACK		→
<u>WEAK</u> <u>END</u>	5 Alignment	Tackle, Tight End, Near Back	1. 5 Technique
<u>STRONG</u> <u>BACKER</u>	SAME AS STACK		→ 1. Alert "Blue" call
<u>SAM</u>	SAME AS STACK		→
<u>WILL</u>	SAME AS STACK		→
<u>WEAK</u> <u>BACKER</u>	SAME AS STACK		→ 1. Alert "Blue" call

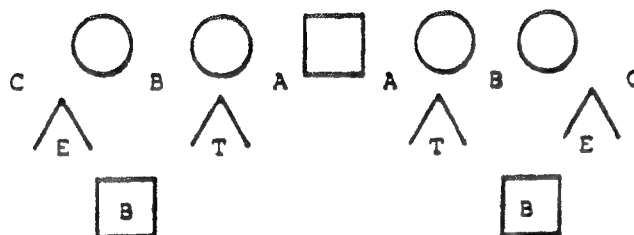
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG</u> <u>END</u>	5 Alignment	Ball	1. Rush passer - React to run - 5 Technique 2. Alert pass rush games
<u>NCSE</u>	0 Alignment	Ball	1. Rush passer - React to Run - 0 Technique 2. Alert pass rush games
<u>WEAK</u> <u>END</u>	5 Alignment	Ball	1. Rush passer - React to run - 5 Technique 2. Alert pass rush games
<u>STRONG</u> <u>BACKER</u>	SAME AS STACK →		1. Alert pass rush games if not in coverage
<u>SAM</u>	SAME AS STACK →		1. Slow or direct read vs. run 2. Alert pass rush games if not in coverage
<u>WILL</u>	SAME AS STACK →		1. Slow or direct read vs. run 2. Alert pass rush games if not in coverage
<u>WEAK</u> <u>BACKER</u>	SAME AS STACK →		1. Alert pass rush games if not in coverage

STACK INVERT

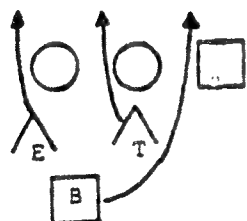


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG</u> <u>END</u>	S Alignment	Ball	1. Rush passer, react to run
<u>NOSE</u>	O Alignment	Ball	1. Rush passer, react to run
<u>WEAK</u> <u>END</u>	S Alignment	Ball	1. Rush passer, react to run
<u>STRONG</u> <u>BACKER</u>	S A M E A S	S T A C K J E T	→
<u>SAM</u>	S A M E A S	S T A C K J E T	→
<u>WILL</u>	A Gap	Ball, Guard or back depending on coverage	1. Depends on coverage
<u>WEAK</u> <u>BACKER</u>	B Gap	Ball, Guard or back depending on coverage	1. Depends on coverage

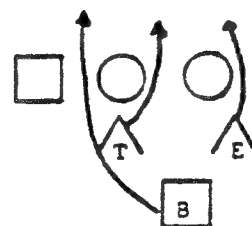
4 MAN FRONT - LINE & LINEBACKER RUSH CALLS



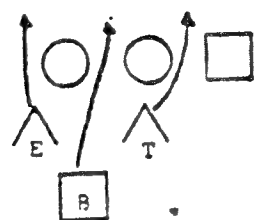
Linebacker will call the gap that he is rushing.
 Defensive linemen are responsible to keep that gap free.
 We must always have a contain rusher each side.
 (Note: These calls can be used in Cover 8, Cover 9, Falcon blitz, & Storm)



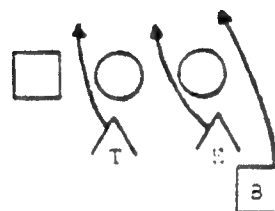
"Able"



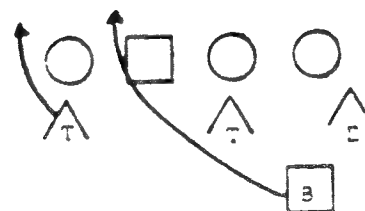
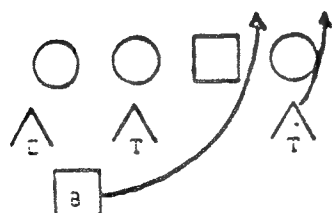
"Baker"



"Charlie"



"Away"



SECONDARY TECHNIQUES

Stance:

Align with the feet about shoulder width apart and the inside foot back. Your back should be straight and the knees bent just far enough to allow the hands to touch the knees. This gives you stability and ability to drive off in any given direction. The basic footwork consists of short quick steps and not long slow ones.

Alignment: "Hash Split"

Inside Technique - from Off - Take a position 7-10 yards deep splitting the receiver's stance with your outside foot. With your inside foot back facing in at about a 45° angle to the QB you will be able to see the snap.

On the snap of the ball take a short set step with the outside foot. Remember he's running forward as you are going backwards so it's important to fight to stay in your back peddle. Usually he'll cover 10 yards as you back peddle 5 yards, so at the 15 yard point you should still be back peddling and in zone coverage reading the routes of Number 2.

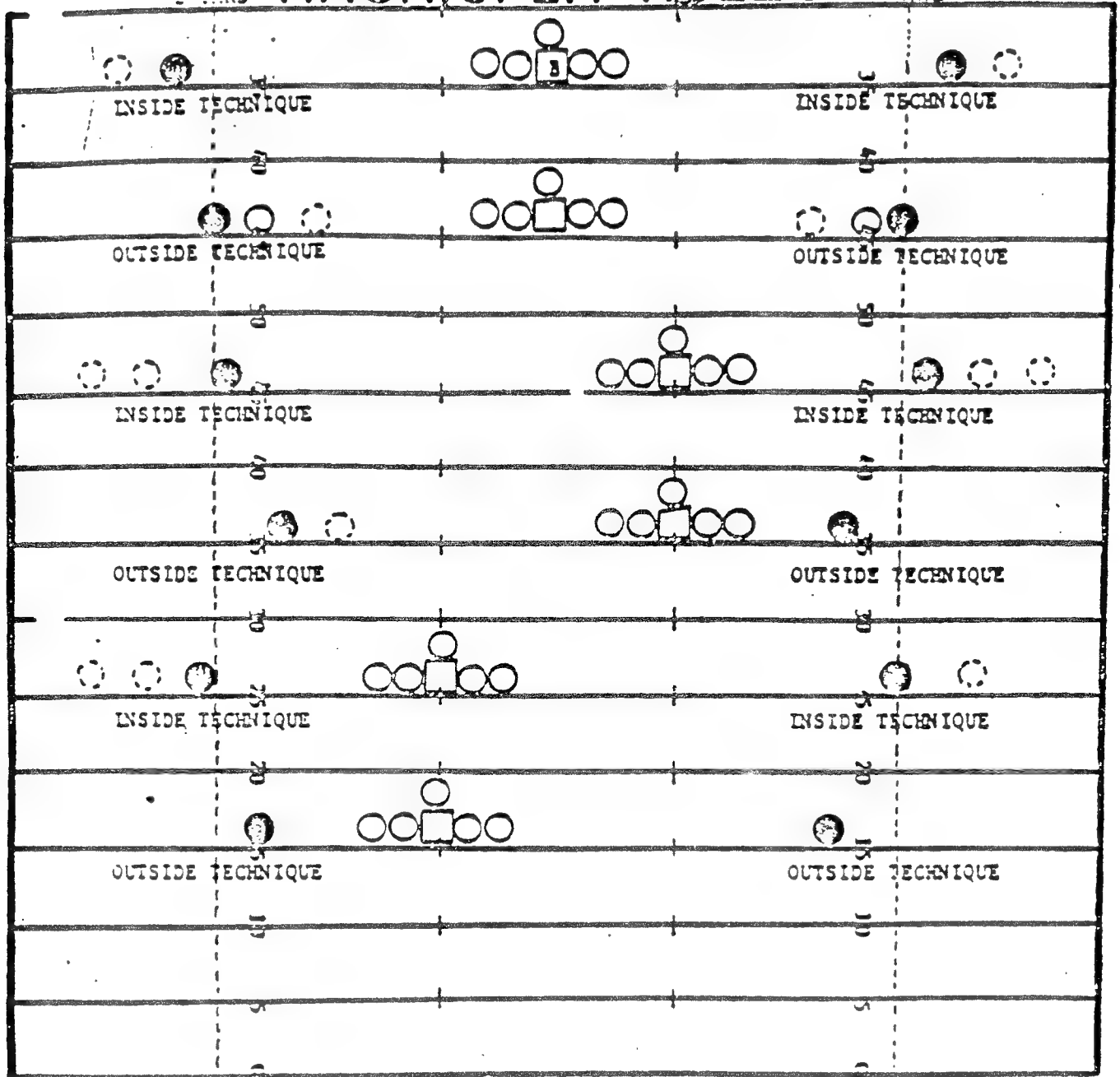
In man coverage from the snap of the ball, bring your head around to the receiver and fight to stay on his inside or outside shoulder. (Know where your help is coming from). Keep your eyes on the receiver. Don't look to the QB until the receiver has made his final move and you can touch the receiver.

Outside Technique - from Off - Take a position 7-10 yards deep splitting the receiver's stance with your inside foot.

HASH, SPLIT RULES

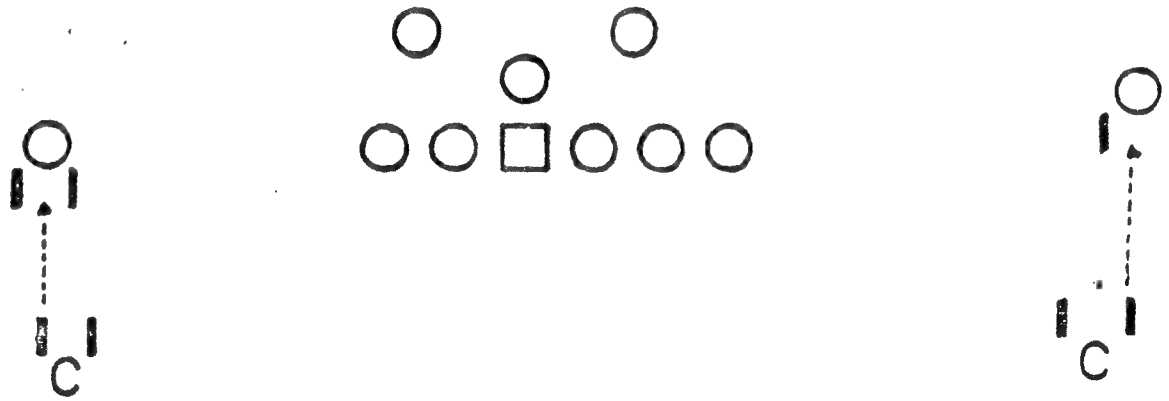
2 YARD

2 YARD



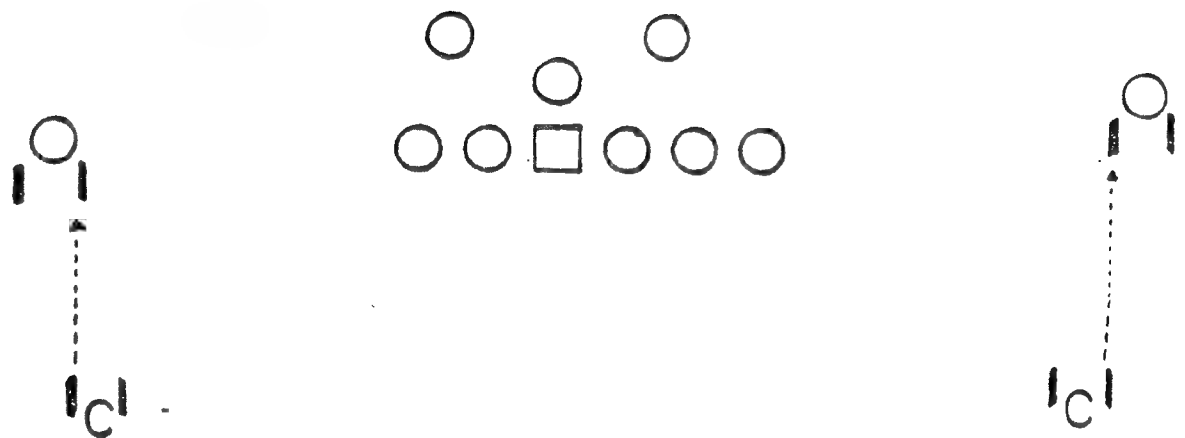
CORNER TECHNIQUES/ALIGNMENTS

INSIDE TECHNIQUE



A man to man pass defense technique. Defender takes a position on the receiver (your outside foot splits the receiver's stance).

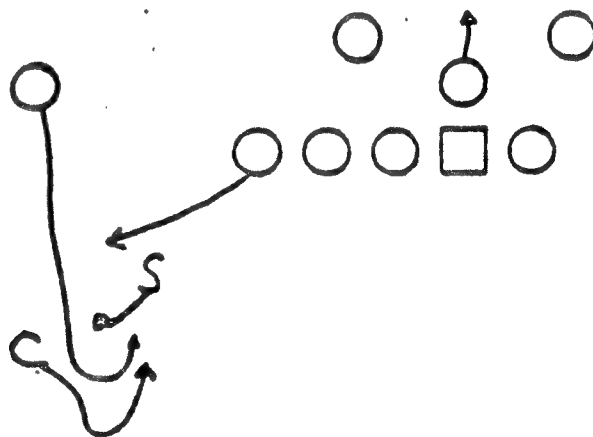
HARD INSIDE TECHNIQUE



A man to man pass defense technique. Defender takes a position on the receiver (your outside foot is on the receiver's inside foot).

ZONE ROUTE PROGRESSION READING

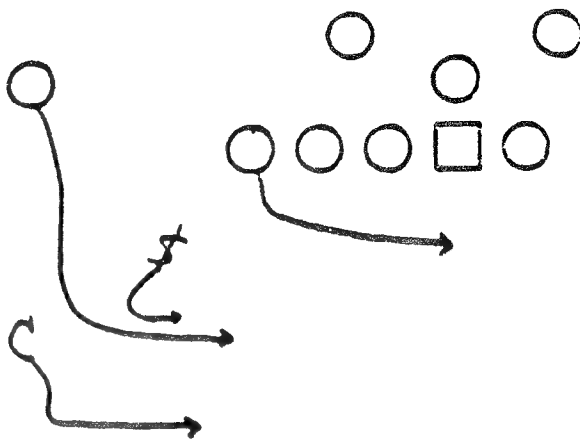
1.



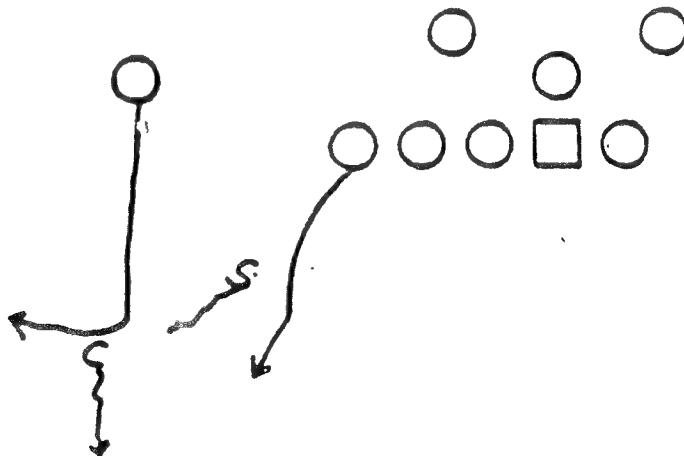
SC - As the QB leaves the L.O.S. with the ball in his hand, begin your back peddle as you read the number 1 receiver. If he goes inside or outside (Diag. 1 & 2) play all of the routes of #1.

SS - As the QB leaves the L.O.S. with the ball in his hand, begin moving to your area of responsibility reading the number 1 receiver. If he goes outside, hold the numbers and hard read on the QB. If he goes inside, be ready to collapse with #1's move inside (Diag. 1 & 2)

2.



3.

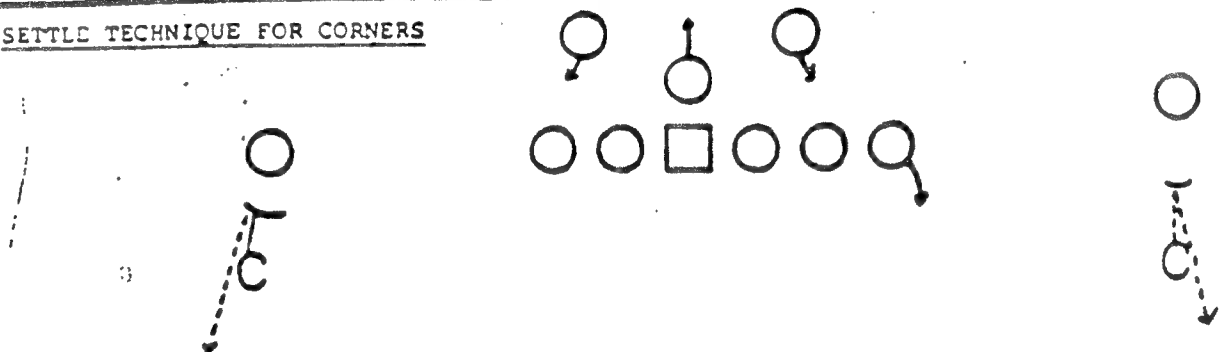


SC - If #1 leaves the L.O.S. up the field be ready to go to your mile-point and hard read on the QB.

SS - If #1 leaves the L.O.S. up the field hold the seam area up to 10 yards and hard read on the QB.

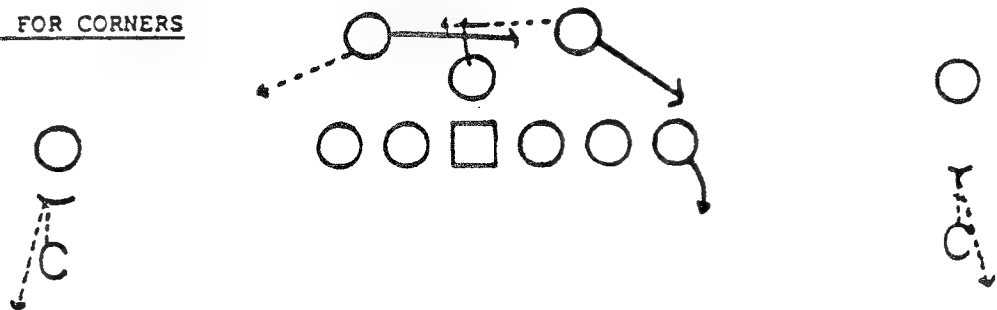
CORNER TECHNIQUE COVER 2

SETTLE TECHNIQUE FOR CORNERS



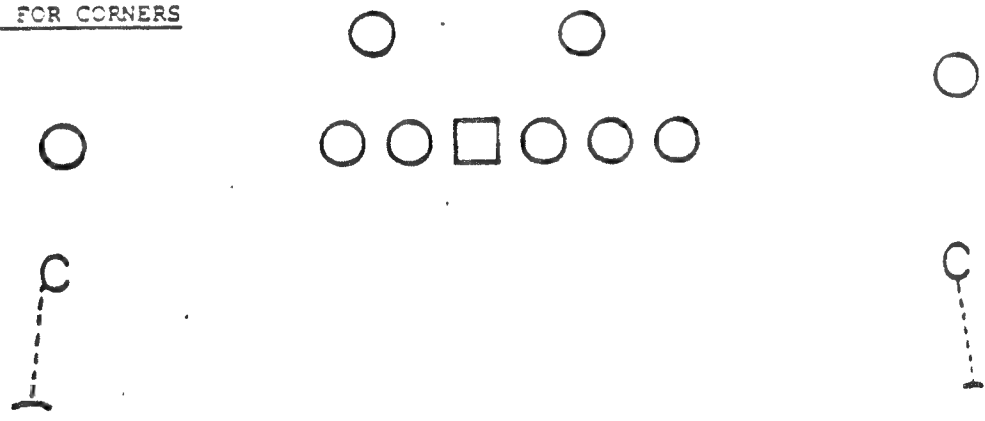
Align 5-7 yards deep using an outside technique. Key Flow and #2 for run or pass. If you get Flow towards you, beat #1 inside or outside as quickly as possible and get across the L.O.S. at least 2 yards deep and close the distance between you and the next defender.

CLUB TECHNIQUE FOR CORNERS



A pass technique in which the defender makes contact with the receiver first before he reacts, to Flow.

SOFT TECHNIQUE FOR CORNERS



A call on zone defenses, telling the corners to disguise the coverage by dropping to 14 yards, then settling in the Flat area when pass shows. If run shows, support like settle technique.

TRAIL TECHNIQUES

- A. There are certain techniques according to support, position of receiver on the field, whether you are covering Strongside #1 or the Weakside #1.

1. Inside Technique - Wide Receivers

Take an inside position. The feet should be vertical to the line of scrimmage. Your body will take away the inside release of the wide receiver. As the receiver comes off the line, you will make contact with a hand shiver (don't attack the receiver with this technique). The elbows should be locked with the hand shiver and the feet moving, because you will be moving laterally or backward to cover the receiver all the way. Don't let the receiver get on top of you, that is the reason for the hand shiver.

Concentrate on your receiver and always have him under control before you look for the ball or QB. Try to get a "feel" of your receiver once you are forced to run deep with him. Position yourself between the man & QB. box him out of his pattern especially in the goal line area.

2. Outside Technique

Take an outside position. The feet should be vertical to the line of scrimmage. Your body will take away the outside release of the close wide receiver. As the receiver comes off the line, you will make contact with a hand shiver. You will be in position now to funnel the receiver to the free Weak Safety, and also to find the ball with the receiver between you and the quarterback. This technique is a must on a close #1. This is the technique to use in Cloud Support.

3. Head On - #1 or #2 off line

Take a head on position as close to the line of scrimmage as possible and make sure that you are not offside. Every time you cover a #1 or #2 off the line of scrimmage, you must make sure of the scrimmage line. The feet should be vertical to the line of scrimmage and parallel to each other. You must force an inside or outside release by the receiver. The techniques will be either the inside position or the outside position.

4. Outside - #1 or #2 off line

Take an outside position as close to the line of scrimmage as possible. The feet should be vertical to the line of scrimmage. Your body will take away the outside release of the receiver. Don't be in any hurry to run out of there.

- B. There are several ways the receiver will try to defeat this technique.

1. They will run deep patterns and use their speed to defeat you deep. Remember the bump is very important to stop the receiver from going full speed. An eligible receiver can only be bumped once within an area extending from the L.O.S. to a point 5 yards downfield.

TRAIL TECHNIQUES (continued)

2. They will try to run outside patterns by moving close into your body, then making their out, corner moves. Quickness is essential for the receiver in these types of patterns. This is one reason to know the position of the wide receiver and how much room he has outside. Always use the sideline to your advantage.
 3. They will try to get you to overrun them, then get underneath you. The bump is important, and don't be in a big hurry to run too far from the receiver.
 4. #1 will line up deeper and if you play him inside, then he will get you to overrun him, then get inside of you. The Weakside #1 will try to use this technique, but it is more difficult for him because he is on the line of scrimmage. Some receivers are pivoting into you, then away.
 5. Receivers are using their arm to flail your arm, so that you will not bump them. Remember that you are allowed to use your hands to protect yourself as long as he is in front of you. The receiver cannot use his hand legally on you.
- C. Practice and confidence is just as important in this type of coverage as other coverages. The receiver is being harassed in bump and run and this is one of the best weapons to defeat a receiver. The short and medium pass game is being attacked and this will throw off the good timing type passes, and those timing type throwers.

One of the best things is the disguise of the coverage before the snap of the ball. This is very important to any defensive secondary, and you must concentrate on what you are trying to accomplish.

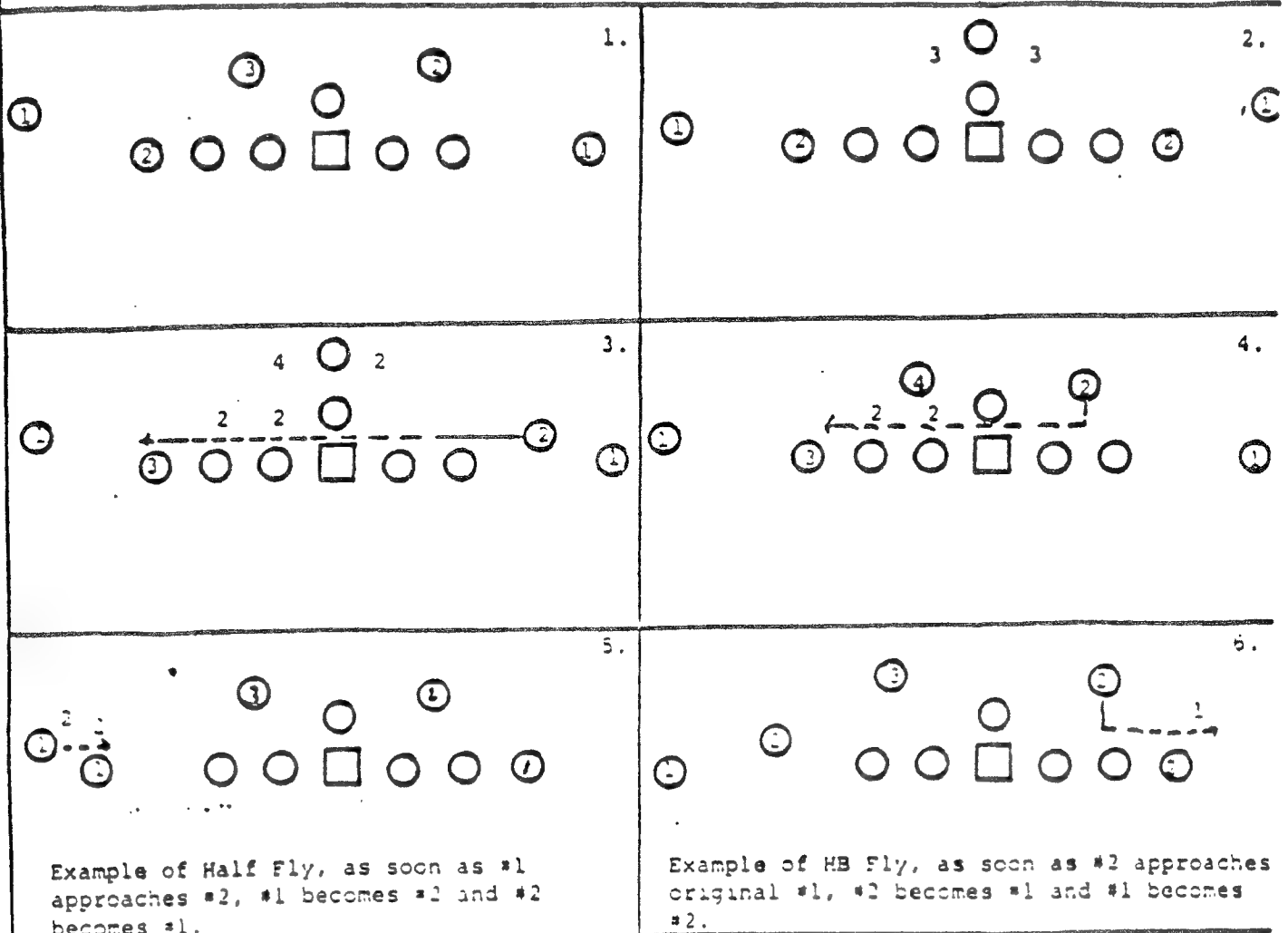
NUMBERING RECEIVERS

The eligible receivers are numbered from outside to inside on each side of the football. #1 is the widest receiver, #2 is the second widest receiver, and #3 is the third widest receiver.

Receivers's numbers may change due to MOTION as seen in diagrams 3 & 4.

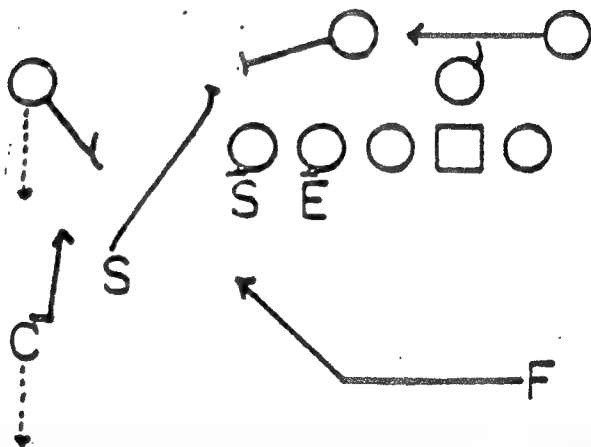
i.e. If a receiver passes the center position, he now becomes the #2 receiver and the original #2 receiver (in this case, tight end) becomes the #3 receiver.

The #4 receiver is the fourth receiver on one side of the ball.



EXAMPLES OF MOTION, FLY, PEEL

<p>Z FLY</p> <p>C F C</p>	<p>U F</p> <p>C S C</p>
<p>Z HALF FLY</p> <p>C S C</p>	<p>H F</p> <p>C S C</p>
<p>Z FLY</p> <p>C F C</p>	<p>U F</p> <p>C S C</p>
<p>Z PEEL</p> <p>C S C</p>	<p>X F</p> <p>C S C</p>
<p>H FLY</p> <p>C S C</p>	<p>U F</p> <p>C S C</p>

SUPPORT STRONGSIDESKYStrong Safety - Primary Force Man

Key - Thru #2 to flow of backs.

Read progression, react to run and meet lead blocker as quick and tough as possible on his side of the L.O.S.

Strong Backer - Cutback Man

Key - #2 to flow of backs. 2 Gap responsibility.

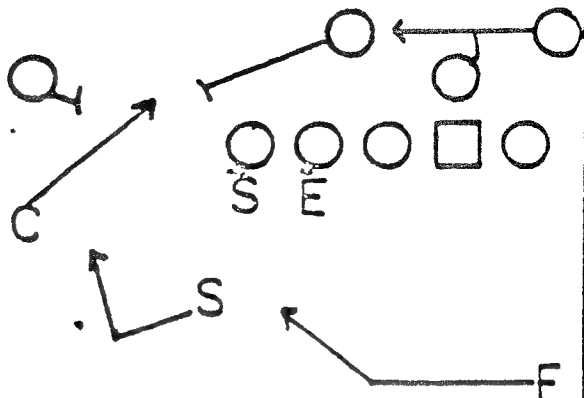
Strong Corner - Secondary Support Man

Key - Thru #2 to flow of backs.

You are the play pass man. If #1 releases, cover. If he cracks on strong safety, replace.

Weak Safety - Spillage Man

Key - Uncovered linemen, flow of backs & QB. Play pass first and run second. On sure run, support from inside out.

CLOUDStrong Safety - Secondary Support Man

Key - Flow of backs and #1.

You are the play pass man. If #1 releases, cover. If he cracks on strong corner, replace.

Strong Corner - Primary Support Man

Key - Thru #2 to flow of backs.

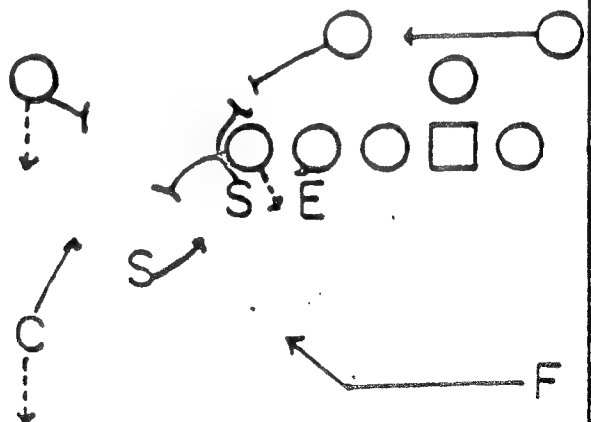
Read progression, react to run and meet lead blocker as quick and tough as possible on his side of the L.O.S.

Strong Backer - Cutback Man

Key - #2 to flow of backs. 2 Gap responsibility.

Weak Safety - Spillage Man

Key - Uncovered linemen, flow of backs, & QB. Play pass first and run second. On sure run, support from inside out.

BACKERStrong Backer - Primary Support Man

Key - #2

Read progression and meet the blocker at his depth as quickly as possible. Force the ball carrier to make a sharp cutback.

Strong Safety - Cutback Man

Key - #2 to flow of backs. 2 Gap responsibility.

Strong Corner - Secondary Support Man

Key - Thru #2 to flow of backs.

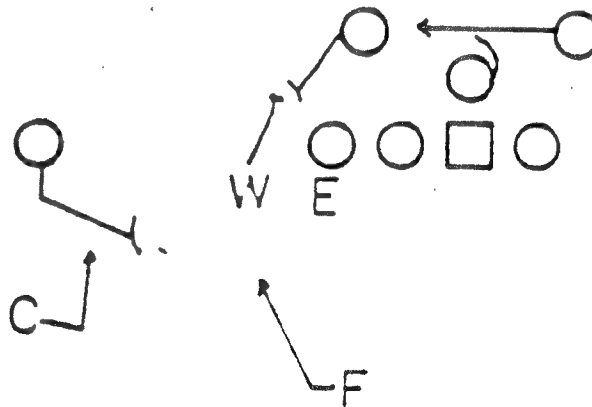
You are the play pass man. If #1 releases, cover. If he cracks, replace.

Weak Safety - Spillage Man

Key - Uncovered linemen, flow of backs, & QB. Play pass first and run second. On sure run, support from inside out.

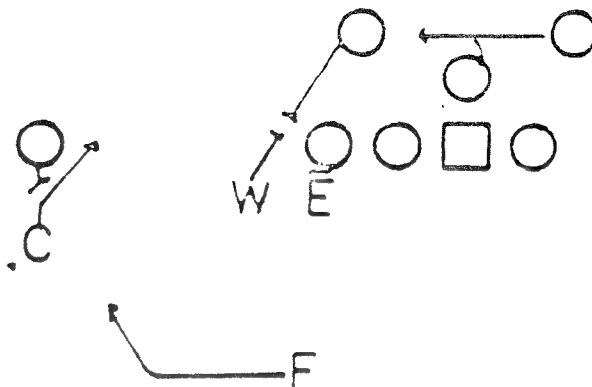
SUPPORT WEAKSIDE

BACKER



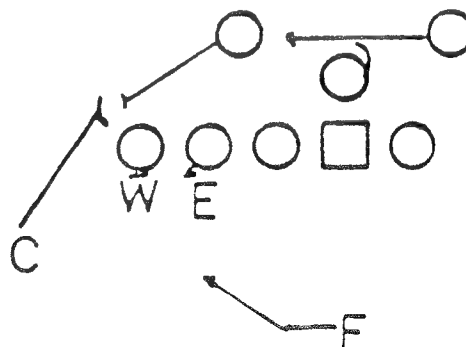
Weak Backer - Primary Support Man
 Key - Near Back, Tackle, #8
 Read progression and meet the backer at depth as quickly as possible. Force the carrier to make a sharp cut back.
Weak Side End - Cut Back Man
 Read progression, 2 Gap responsibility.
Weak Corner - Secondary Support Man
 Play the pass first. See flow and #1. If #1 releases, cover. If he cracks, re.
Weak Safety - Spillage Man
 Key - Uncovered linemen, flow of backs, and On sure run support from inside out.

CLOUD (Open)



Weak Corner - Primary Support Man
 Key - Thru tackle to flow of backs.
 Read progression, react to run and meet blocker as quick and tough as possible on his side of the L.O.S.
Weak Backer - Cutback Man
 Key - Near Back, Tackle
Weak Safety - Secondary Support Man
 Key - Uncovered linemen, flow of backs.
 Play pass first and run second. If #1 releases, cover. If he cracks, replace.

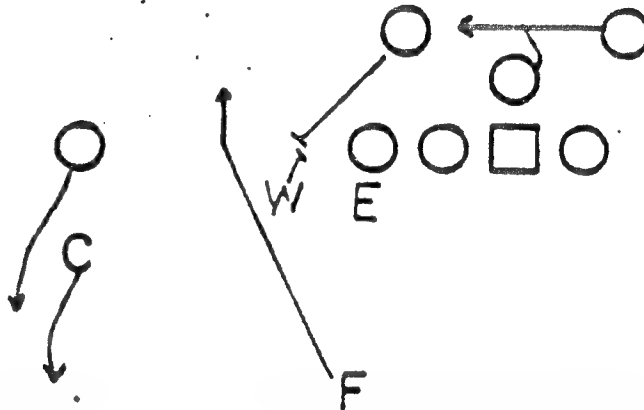
CLOUD (Tight)



Weak Corner - Primary Support Man
 Key - Thru #1 to flow of backs.
 Read progression, react to run and meet lead blocker as quick and tough as possible on his side of the L.O.S.
Weak Backer - Cutback Man
 Key - #2 to flow of backs. 2 Gap responsibility.
Weak Safety - Secondary Support Man
 Key - Uncovered linemen, flow of backs.
 Play pass first and run second. If #1 releases, cover. If he cracks, replace.

WEAKSIDE SUPPORT

SKY "Red 1"



Weak Corner - Secondary Support Man

Key - Flow of backs and #1

You are the play pass man. If #1 releases cover. If he cracks, replace.

Weak Backer - Cutback Man

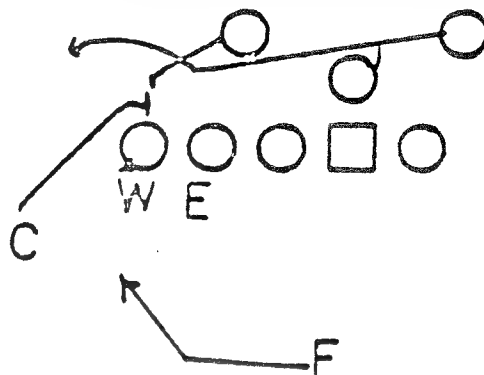
Key - Near Back and tackle

Weak Safety - Primary Support Man

Key - Flow and QB

Read progression, react to run and meet blocker as quick and tough as possible on his side of the L.O.S.

"KICK" 2-5C



Weak Corner - Primary Force Man

Key - Thru #1 to flow of backs

Read progression, react to run and meet blocker as quick and tough as possible on side of the L.O.S. Take on blocker with outside shoulder, make the ball carrier bounce wide.

Weak Backer - Cutback Man

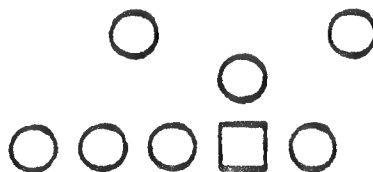
Key - #1 to flow of backs

2 Gap responsibility

Weak Safety - Secondary Support Man

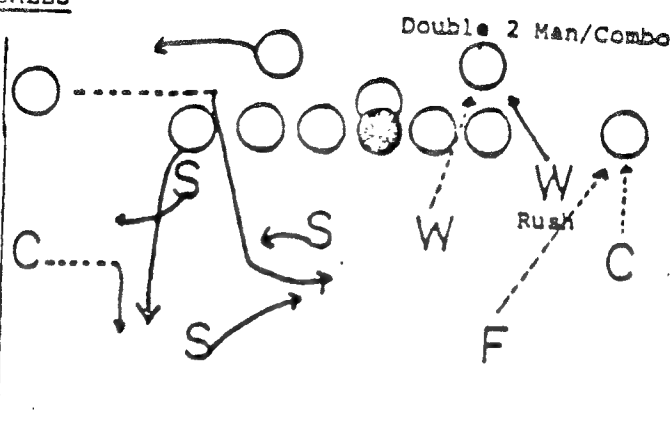
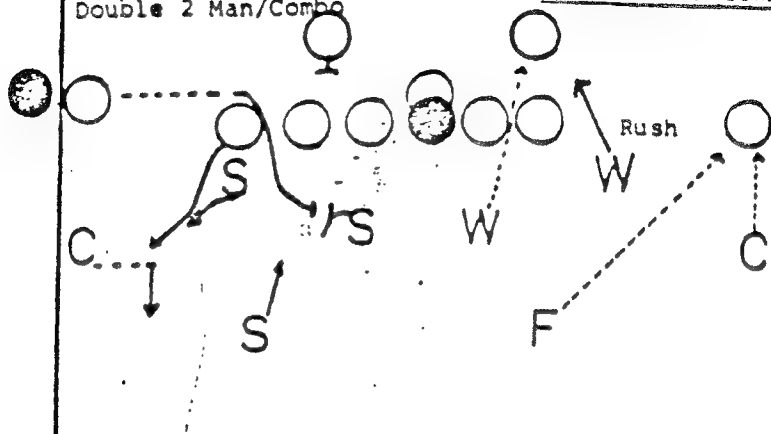
Key - Uncovered linemen, flow of backs

Play pass first and run second. On sure support from inside out.

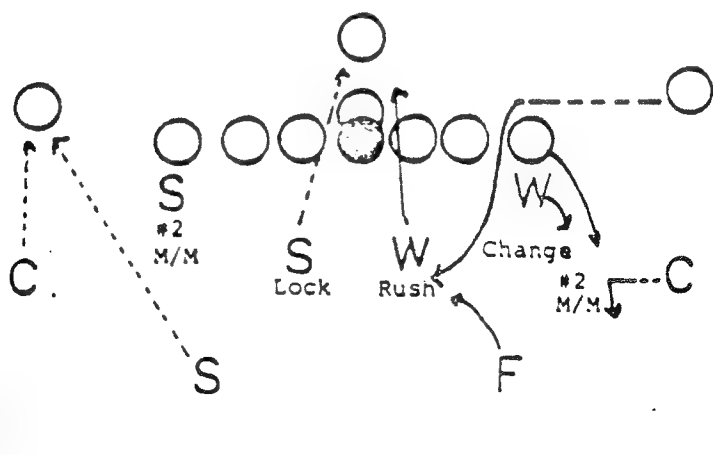


13.
Double 2 Man/Combo

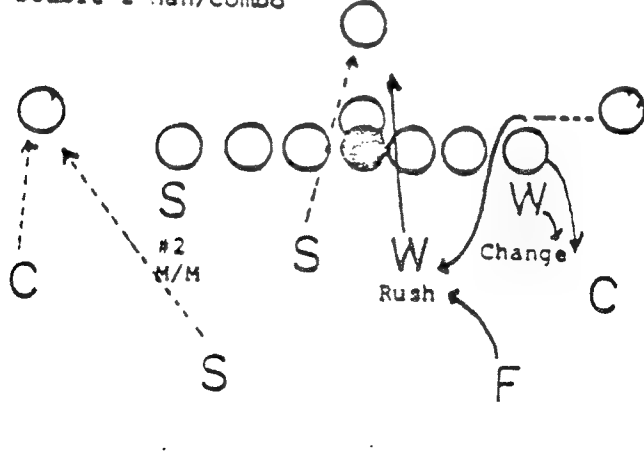
EXAMPLES OF IOWA CALLS



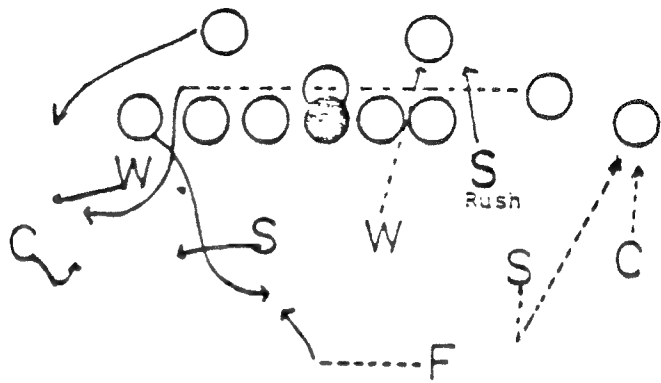
Double 2 Man/Combo



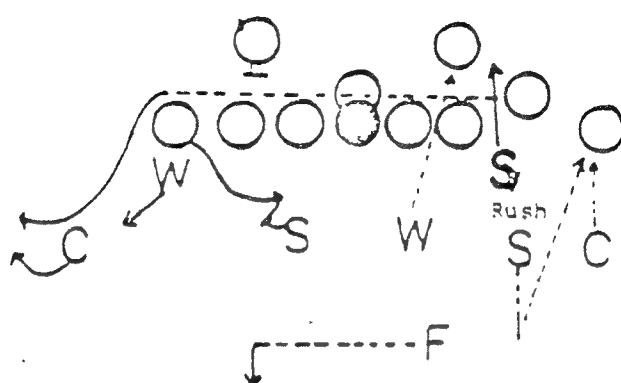
Double 2 Man/Combo



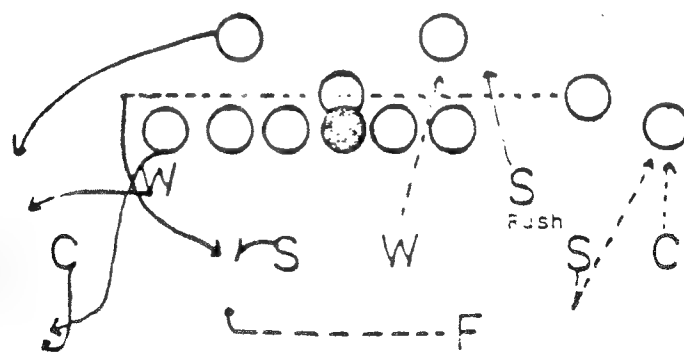
Double 2 Man/Combo



Double 2 Man Combo

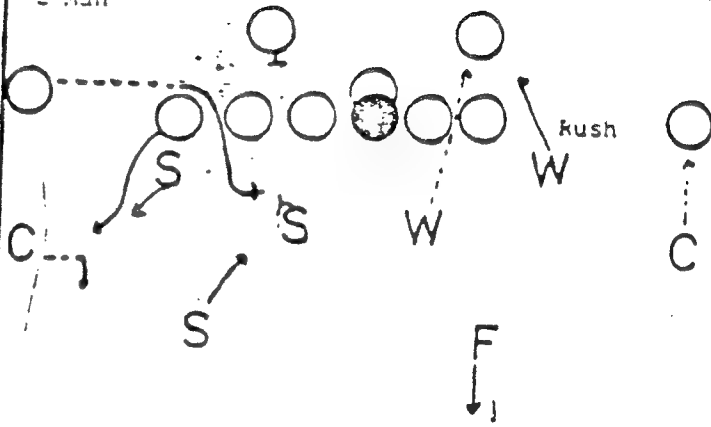


Double 2 Man/Combo

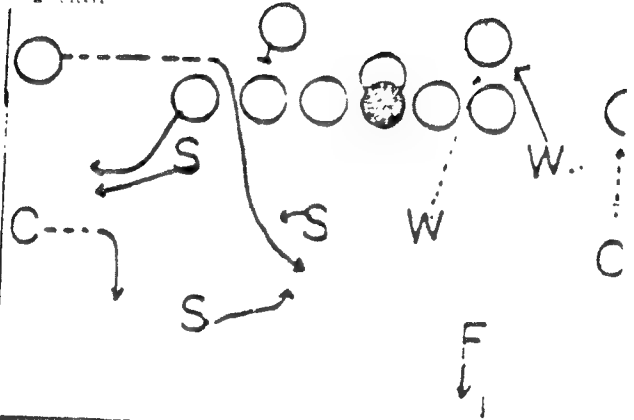


EXAMPLES OF ICWA CALLS

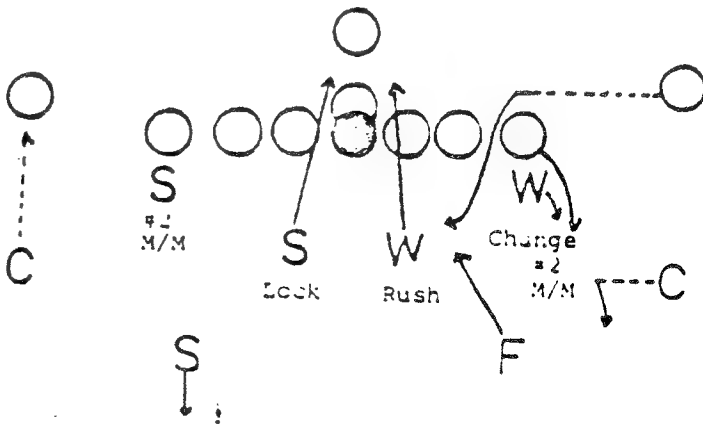
2 Man



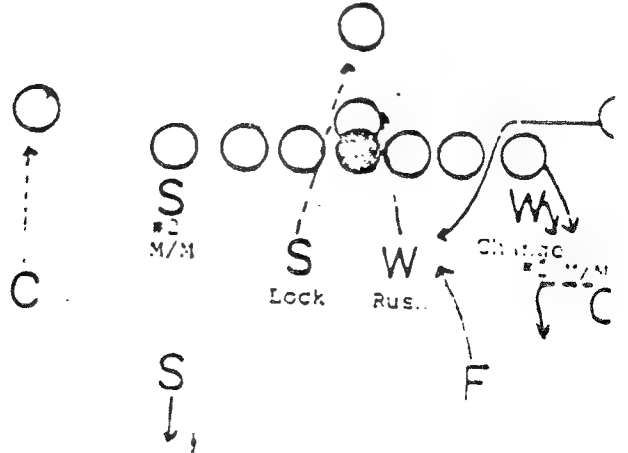
2 Man



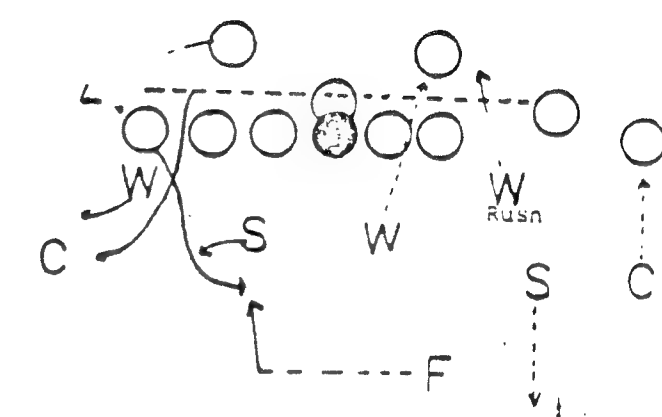
2 Man



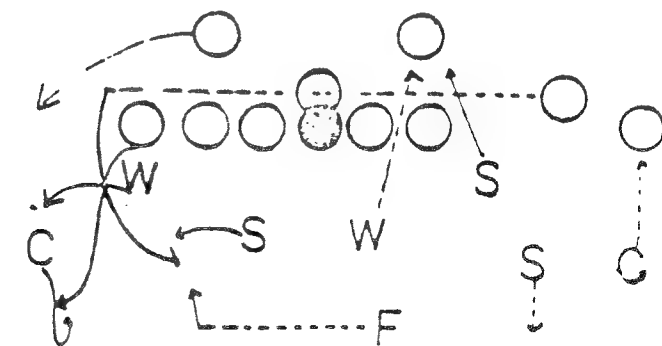
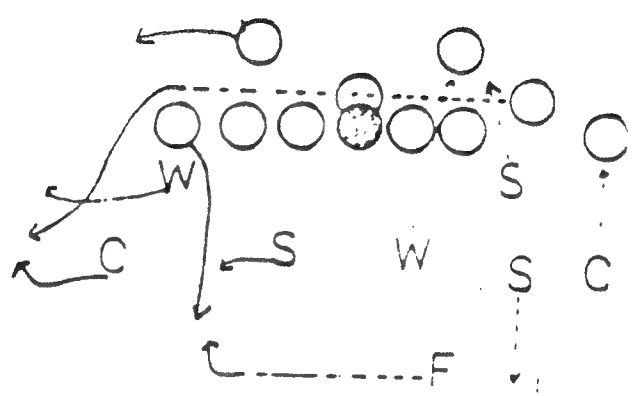
2 Man



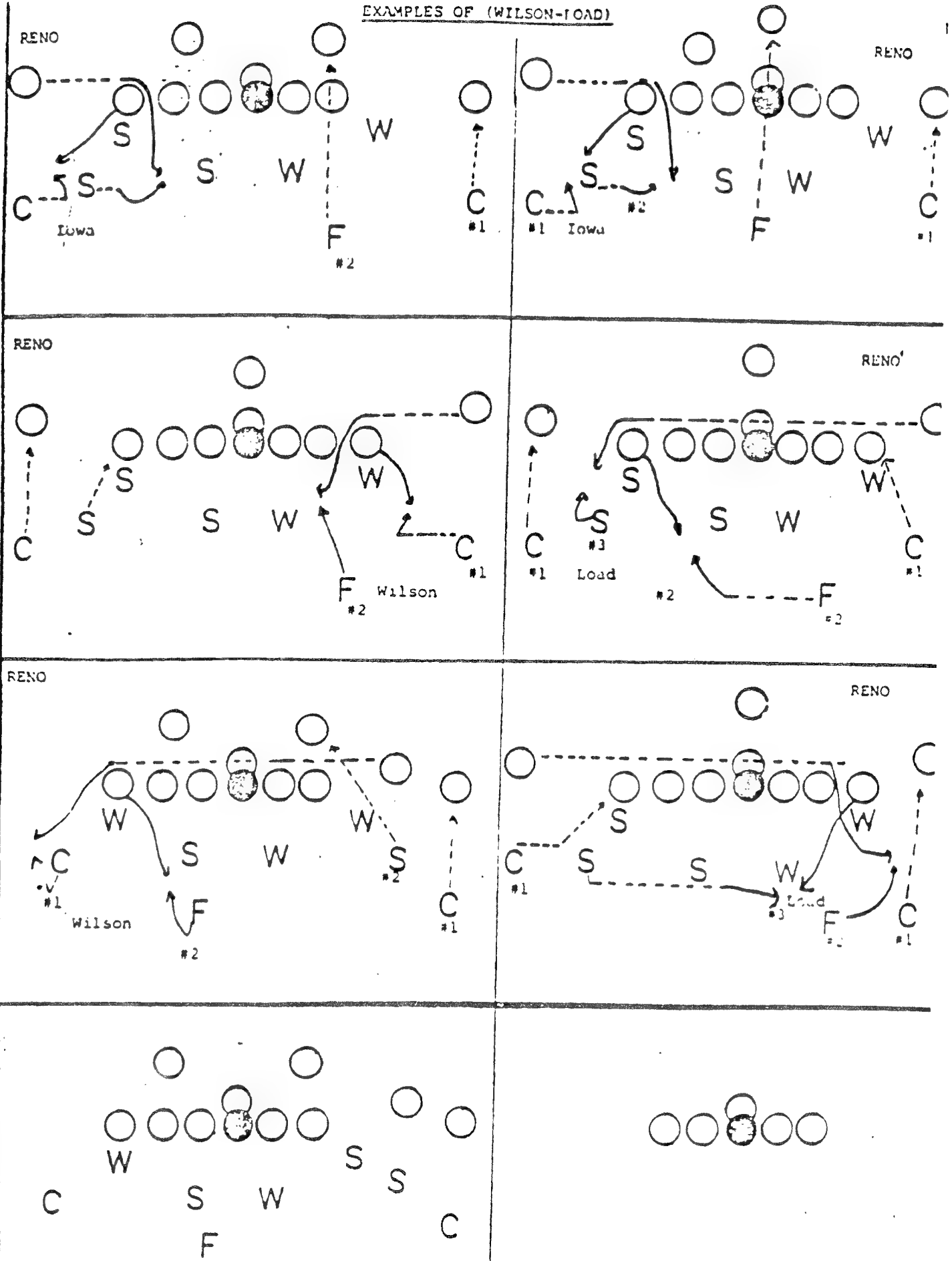
2 Man



2 Man



EXAMPLES OF (WILSON-LOAD)

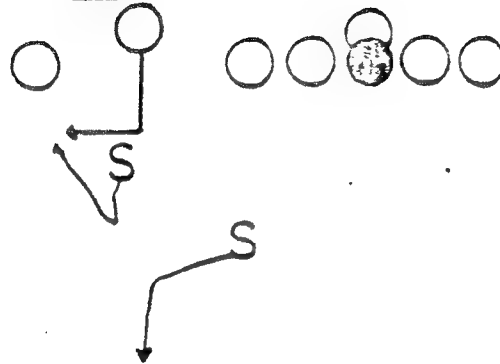
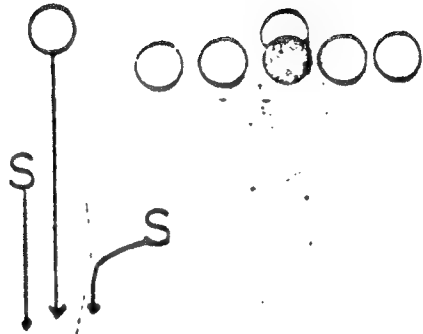


16.

"6 CALL"

GO

OUT

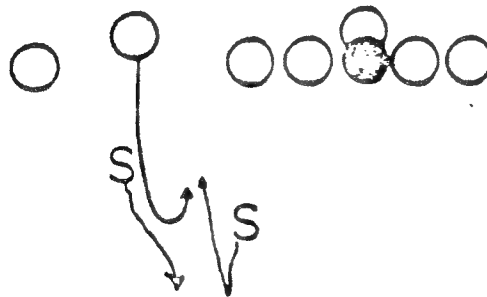
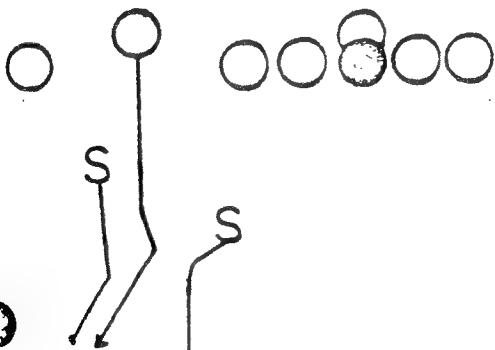


Both DB's have Go Pattern

O/S Safety has Out / In Safety had Out & Go

Q FLAG

CURL

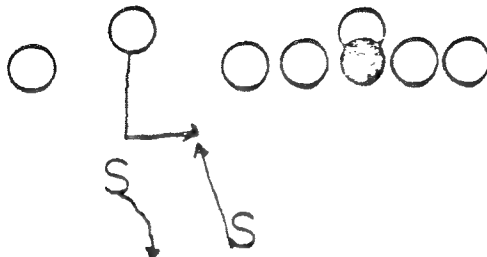
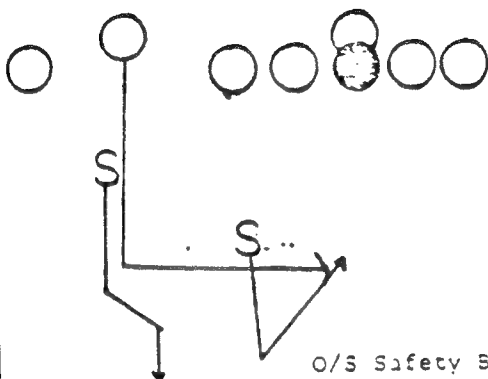


O/S Safety has Flag / In Safety Zone Back

O/S Safety Backs Up In Safety

SQUARE IN

DELAY

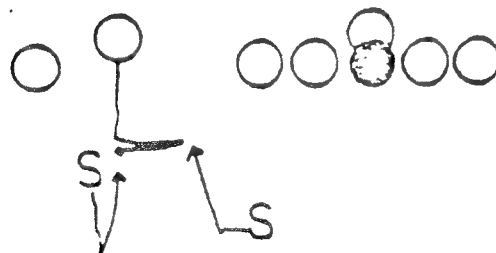
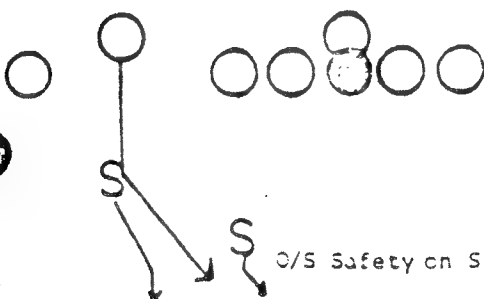


O/S Safety Backs Up In Safety

O/S Safety Zone Back / In Safety has In

POST

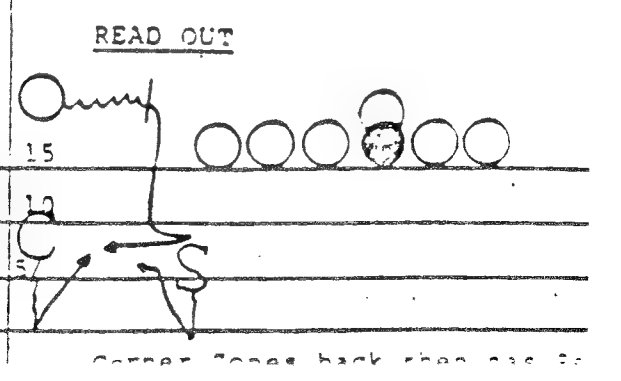
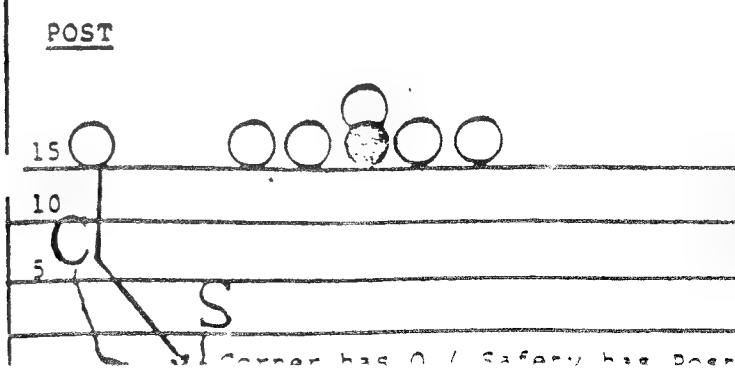
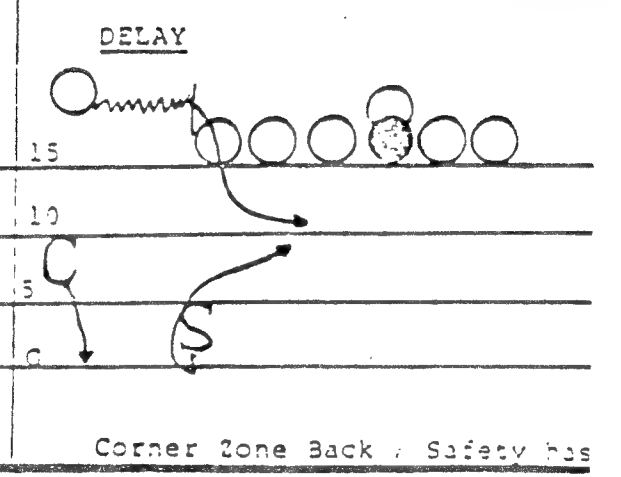
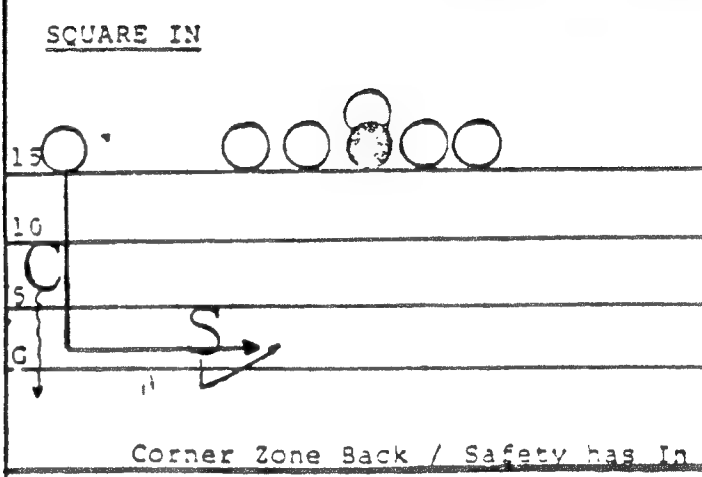
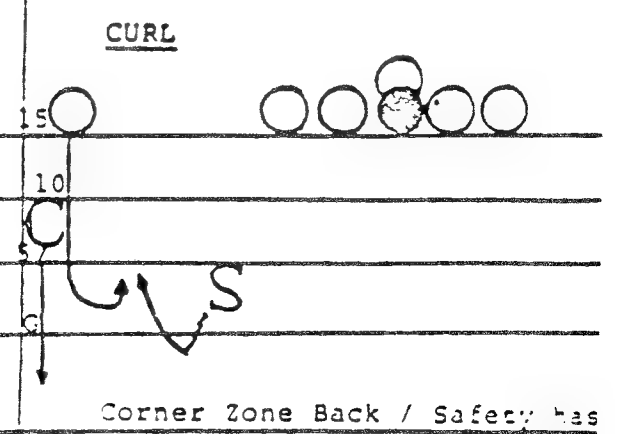
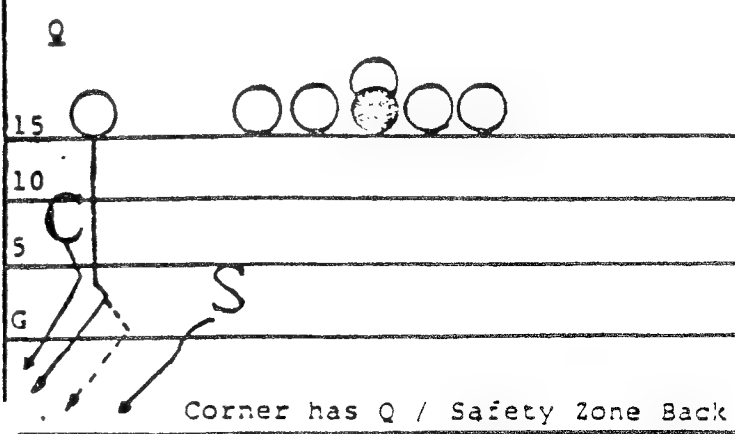
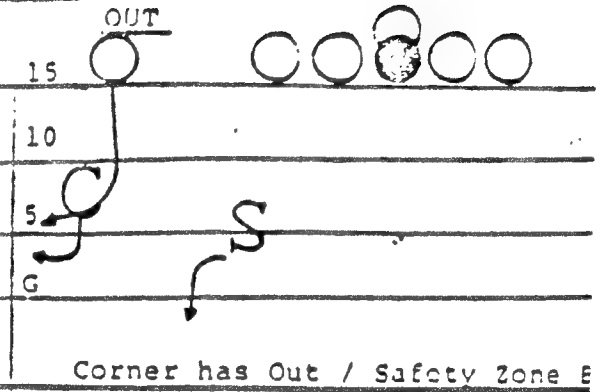
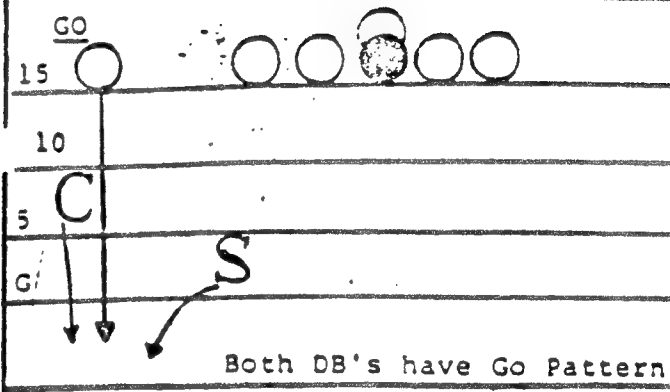
READ OUT



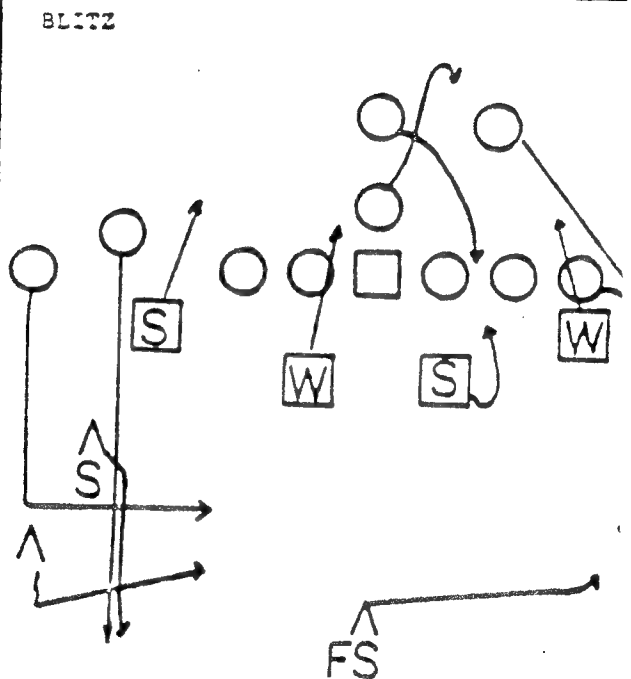
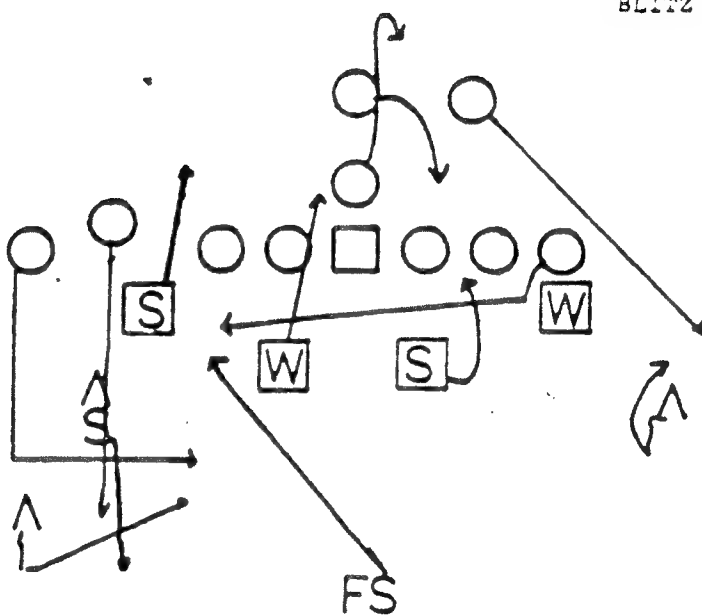
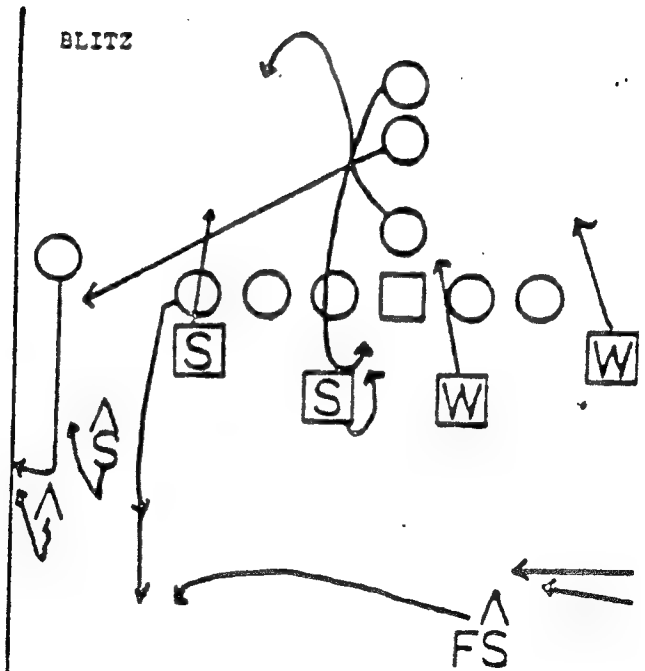
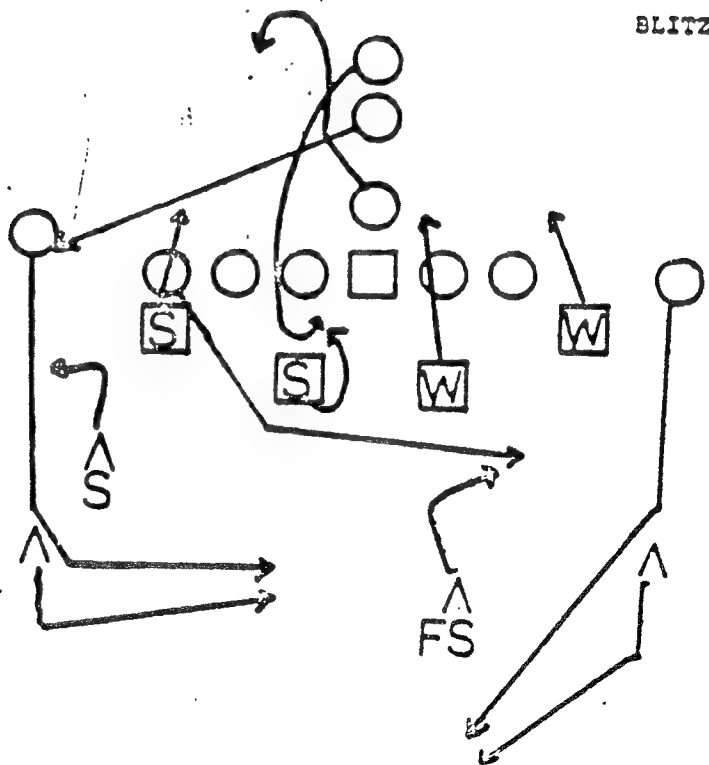
O/S Safety on Shoulder for Flag

O/S Safety Zone Back 5 yds. then react up

DOUBLE "2" MAN



DEFENSIVE BACK FLOW RULES



FORCE RULES

<u>COVERAGE</u>	(Normal Pro) (Formation)	(Y Flex, Slot, Twin, Y Flare)	<u>Weakside</u>	
	<u>#2 TIGHT</u>	<u>#2 WIDE</u>	<u>#1 WIDE</u>	<u>#1 TIC</u>
1. Cover #0	Backer	Backer	Backer	Backer
2. Cover #1 Funnel	Sky	Backer	Backer	Cloud
3. Cover #2	Cloud	Backer	Cloud	Kick
4. Cover #2 Man	Backer	Backer	Backer	Backer
5. Cover #3 (Sky)	Sky	Backer *	Backer	Cloud
6. #3 Buzz	Backer	Backer	Backer	Cloud
7. #3C	Cloud	Backer *	Backer	Cloud
8. Cover #3 Sloop	Sky	Backer *	Backer	Cloud
9. Cover #3 Robber	Sky	Backer *	Backer	Cloud
10. Cover #4 Cloud	Backer	Backer	Cloud	Kick
11. Cover #5C	Sky	Backer	Cloud	Kick
12. Cover "Frisco"	Backer	Backer	Backer	Backer

Red Area Coverages

13. Cover # Double 2 Man	Backer	Backer	Backer	Backer
14. Cover # Red 2	Sky	Backer	Sky	Kick
15. Cover "Reno"	Backer	Backer	Backer	Backer

Pressure Defenses

16. Blitz	Sky	Backer	Backer	Cloud
17. Thunder	Sky	(Slot) End	End	(Slot)
18. Lightning	Backer	Backer	Backer	Backer
19. Cobra	Backer	Backer	Cloud	Kick
20. Typhoon	Sky	Sky	Sky/Cloud	Cloud

Slot Coverages

21. "Combo"	-----	Backer	Backer	Backer
22. "Zebra"	-----	Backer *	Backer	Backer

SUPPORT

THE FUNCTION OF THE SECONDARY

DEFENSE AGAINST THE END RUN

The importance of good defensive secondary play cannot be overemphasized -- a closely knitted, hard-hitting secondary that thrives on destroying the effectiveness of an offensive attack is indispensable to success. The goal of the defensive secondary is to prevent a long touchdown run or pass and to combine with the defensive line in stopping a long, sustained drive by the offense. A GOOD DEFENSIVE SECONDARY should never allow a long touchdown run, since only two ingredients are necessary to stop a long run -- GOOD TACKLING and "HUSTLE". Our chapter on Support will outline in detail, reactions of the secondary vs. the End Run.

THE MECHANICS OF PLAYING THE END RUN AND THE PLAY PASS - STRONG OR WEAK

The quickest way to be defeated by an offensive team is to allow them to successfully run outside or to complete the Play Pass. The End Run and Play Pass are not difficult to stop. If four players under attack key and cover properly, namely the Corner Man, two Safety Men and the Onside Linebacker, we will contain the End Run and stop the Play Pass. We must have:

1. A Primary Support Man to Force the Sweep to Cutback As Soon As Possible.
2. A Teammate to Protect the Cutback Area.
3. Proper Coverage Deep Outside, Deep Middle, and In the Flat.
4. Good Pursuit and Tackling.

WE WILL DEFEAT ALL END RUNS AND PLAY PASSES

It is important to remember a Support Call must be made on each play by both Safeties.

EXPLANATION FOR THE USE OF VARIOUS SUPPORT PATTERNS

A. USE OF STRONGSIDE CLOUD AND SKY SUPPORT

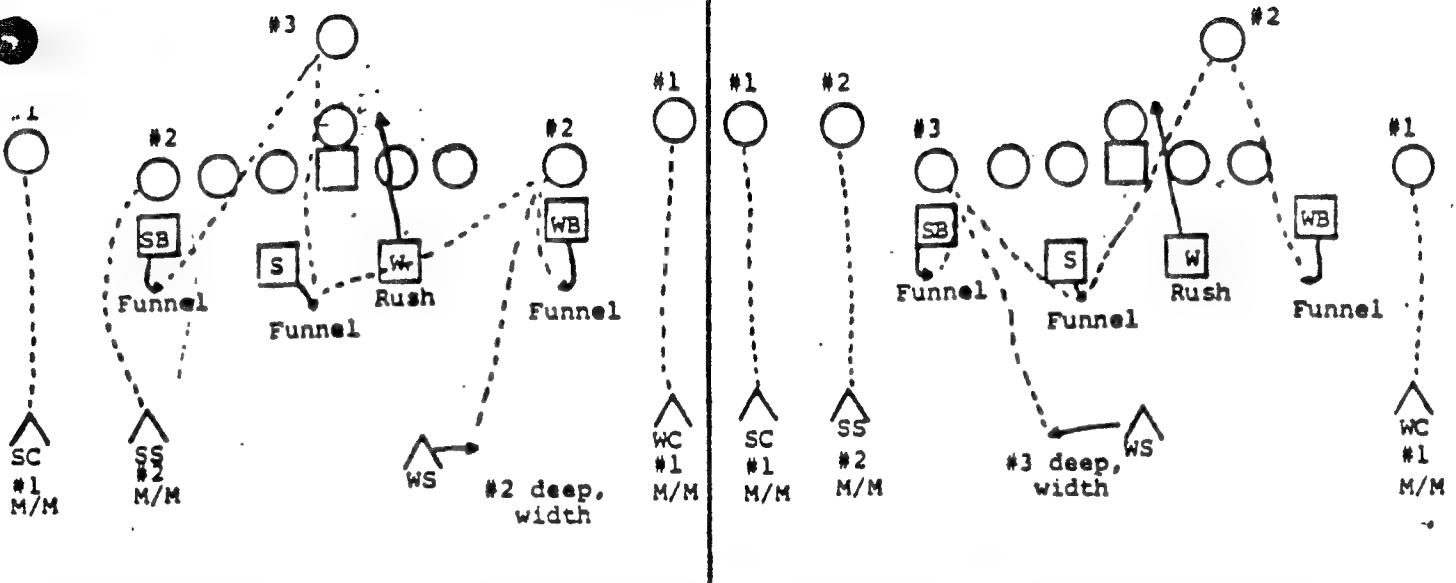
1. Cloud Call - If #1 is 6 yards or less, the Corner Man is the Primary Support Man.
2. Sky Call - If #1 is wider than 6 yards, the Safety is the Primary Support Man.
3. Certain Coverages or Fronts may alter the 6 yard rule.

B. USE OF STRONGSIDE BACKER SUPPORT

1. STRONG BACKER is the PRIMARY SUPPORT MAN (Example - Cover Zero - 2 Man)
2. May use against SLOT or OPEN "Y" Formations (Ex. - Cover Zero - 2 Man)
3. May be used along with regular coverage calls if set up in game plan for that week.

STACK "FRISCO"

3.

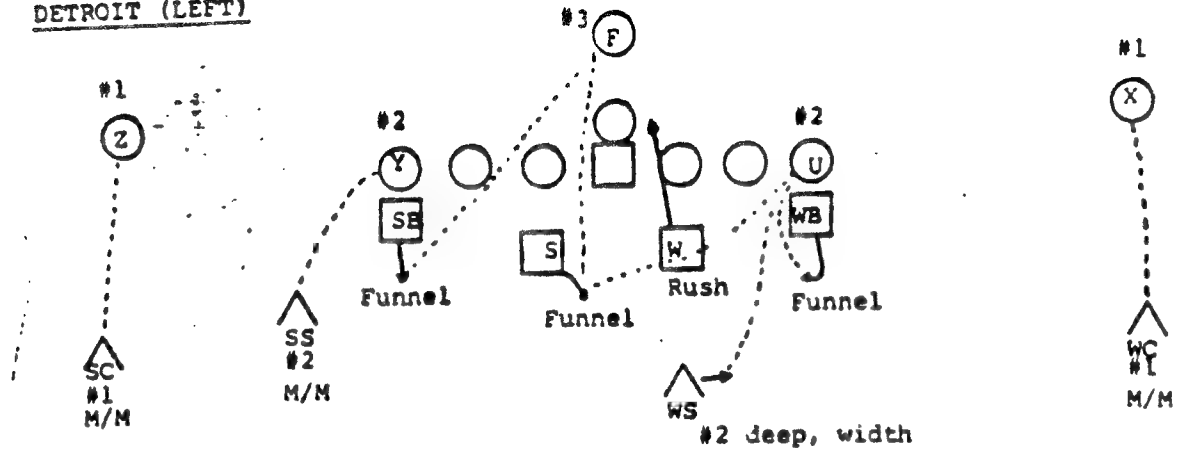


Stack "Frisco" - A man/man defense with 3 linebackers in coverage used vs. 1 back sets only.
The weak safety is involved in coverage on #3 strong/#2 weak.

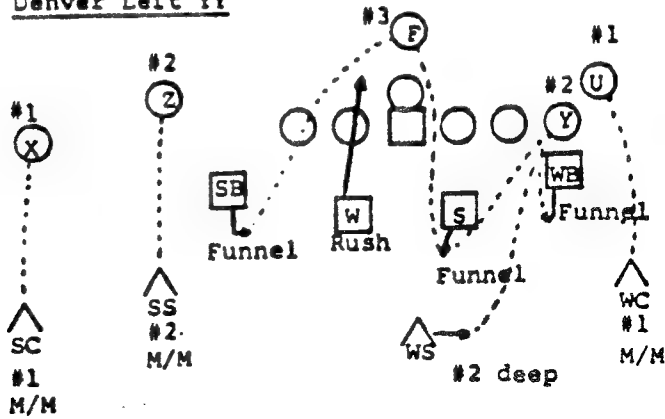
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	6 Technique 7 Technique Vs. Flex, Slot/Twin	Tight End, Tackle, Near Back, & Guard	1. Funnel technique on #3 strong/#2 weak 2. Apply #'s rule CP - vs. Slot/Twin, reroute #2 outside vs. Strong Slot, Denver, alert 78 action
<u>SAM</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	1. Funnel technique on #3 strong/#2 weak Alert 78, 68 action
<u>WILL</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	1. Rush inside (Bullit vs. dropback) CP - vs. Double Wing, give end "5" call
<u>WEAK BACKER</u>	on LOS 5 ft. from D.End 9 Tech. vs. #1 wide or tight	Near Back, Tackle, QB	1. Funnel technique on #3 strong/#2 weak CP - Apply #'s rule vs. #2 wide
<u>STRONG CORNER & WEAK CORNER</u>	7-10 yds. deep Hash-Split rule poss. "Bump" call	#1	1. M/M on #1 from off using inside technique CP - "Bump" - M/M on #1 using shoulder tech. CP - definitely "Bump" vs. TE/Back as #1
<u>STRONG SAFETY</u>	2 yds. outside normal #2 Ins. shoulder vs. Flex, Slot/Twin 6-7 yds. deep	#2	1. M/M on #2 using outside technique CP - if #2 blocks, alert screen
<u>WEAK SAFETY</u>	10-12 yds. deep CP- width & depth will vary with position of #3 strong/#2 weak	#3 strong/ #2 weak	1. Cover #3 strong/#2 weak man/man using inside tech. on all deep routes (over 12 yds.) CP - vs. width by #3/#2, play tighter coverage CP - You will get funnel help on short routes 2. If your coverage does not show, free up and play MOF.

COVER "FRISCO"

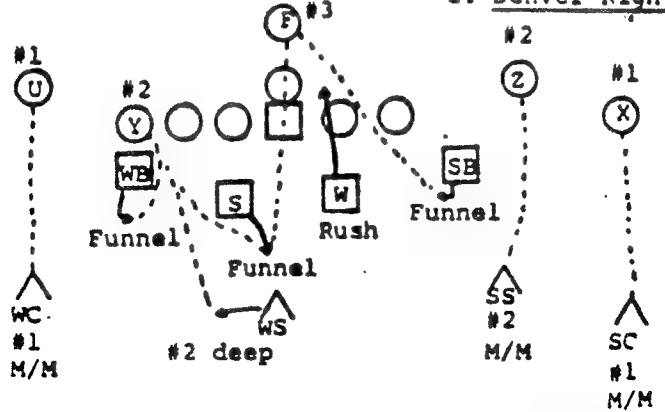
DETROIT (LEFT)



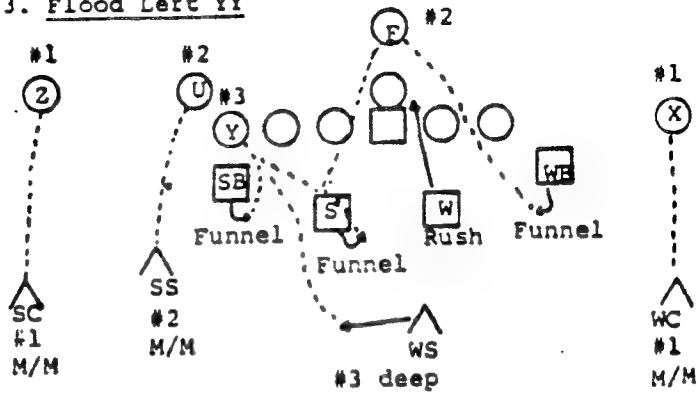
1. Denver Left YY



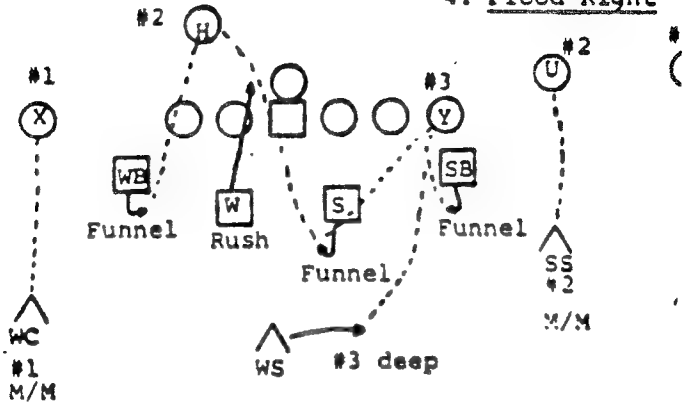
2. Denver Right



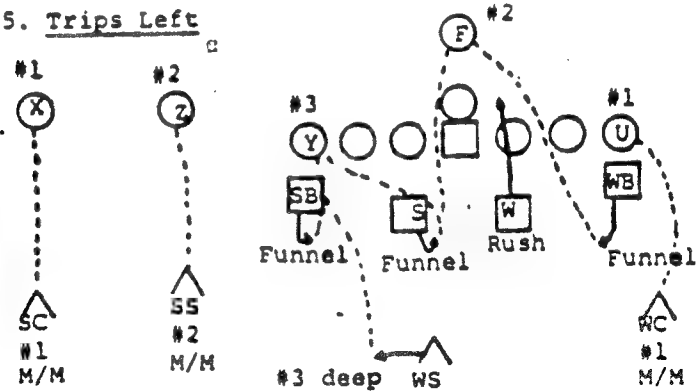
3. Flood Left YY



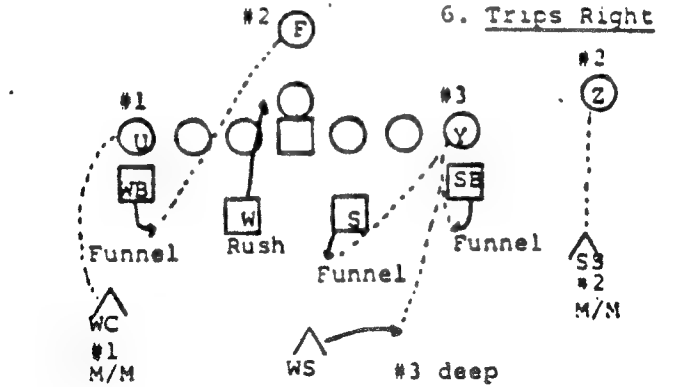
4. Flood Right



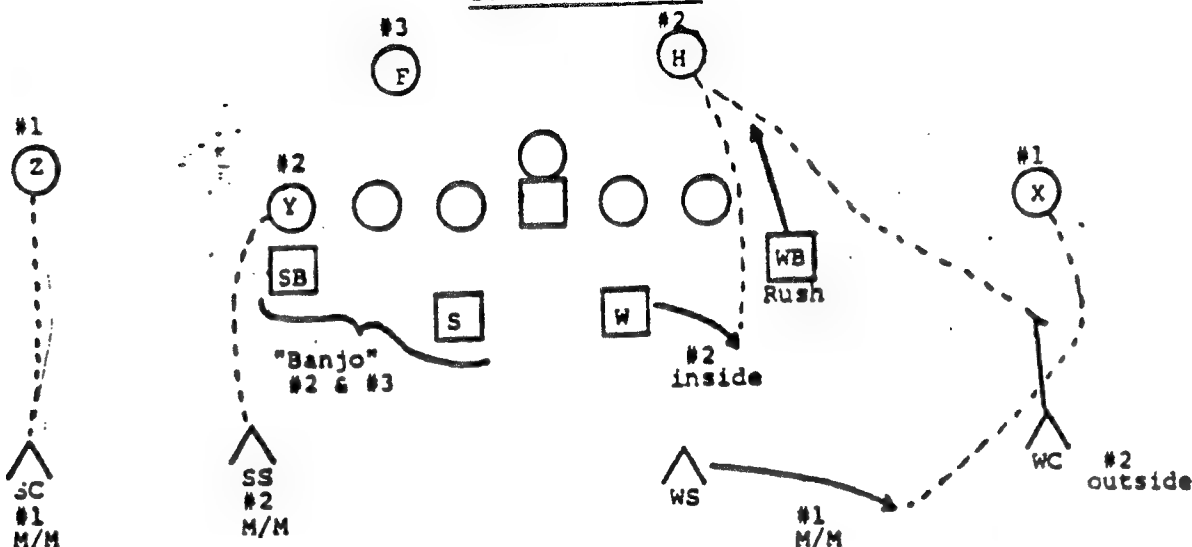
5. Trips Left



6. Trips Right



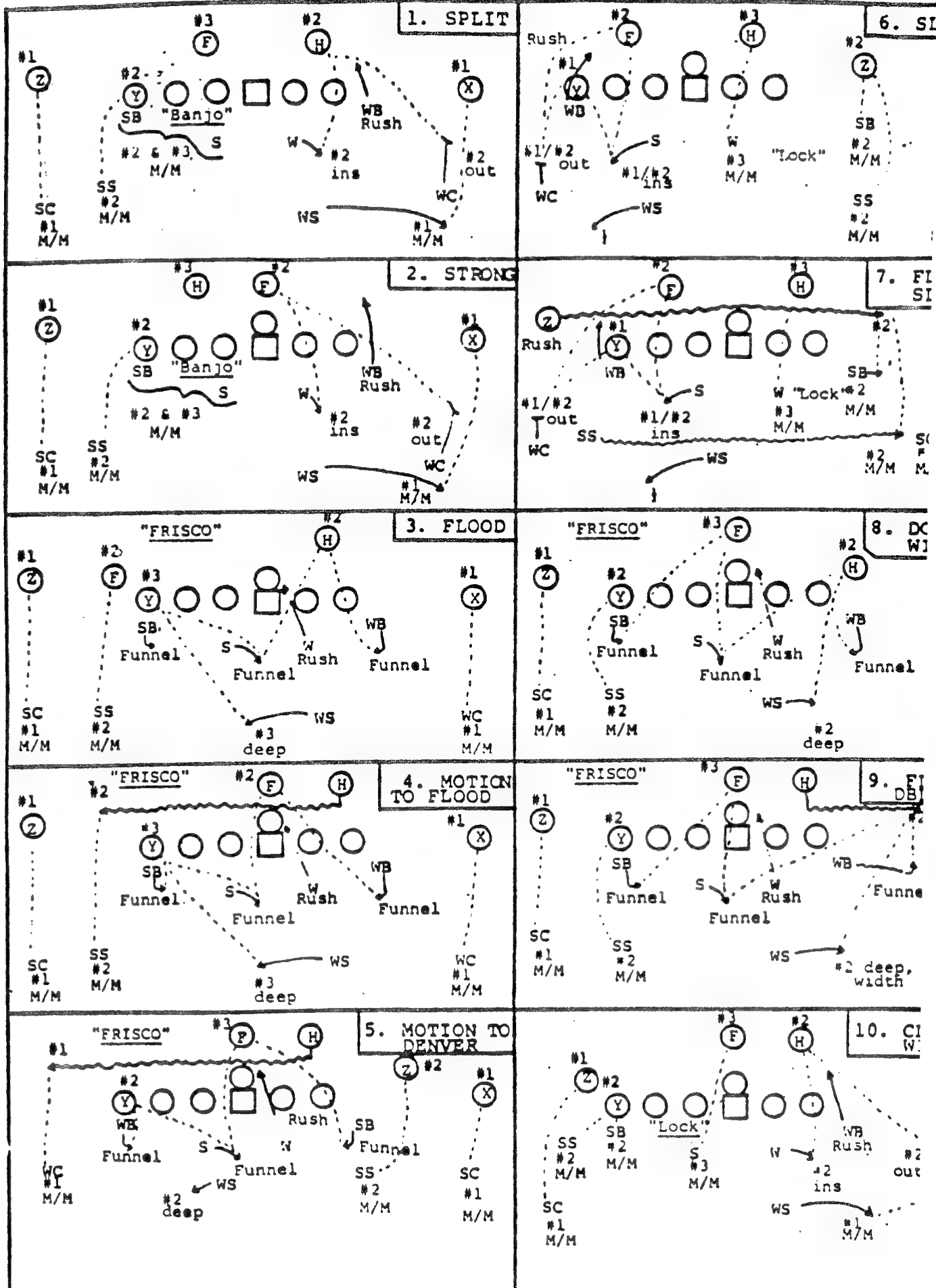
STACK COVER #5C



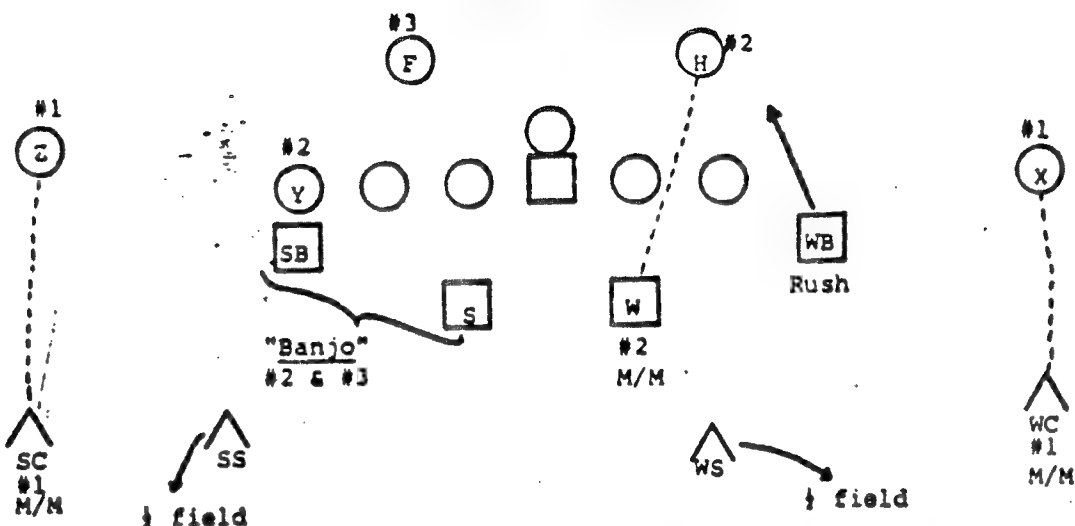
Stack Cover #5C - A man/man coverage with 3 linebackers in coverage and the free safety committed to weakside coverage. Play 5C vs. regular people only. Linebacker flow rule. 1 back rule is check "Frisco".

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	6 Technique 7 Technique vs. Flex, Slot/Twin	Tight End, Tackle, Near Back, & Guard	1. Wing, I, Slot, Flex - "Lock" call - cover #2 M/M using trail technique 2. Split/Strong - "Banjo" call - cover #2/#3 using trail technique 3. If your coverage blocks, hug
<u>SAM & WILL</u>	Head Up On Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	<u>Strongside</u> - 1. Wing, I, Slot, Flex - "Lock" call - cover #3 M/M 2. Split, Strong - "Banjo" call - cover #2/#3 using trail technique <u>Weakside</u> - Cover all inside/close routes by #2 vs. #1 wide-1. open to wk. hook and read pattern by #2 2. If #2 runs outside or blocks, find #1 on inside route vs. #1 tight-1. Play inside route of #1/#2 (same as "Area" call) CP: 68 Action, cover #2 strong
<u>WEAK BACKER</u>	On LOS 5 ft. from D. End C Tech. vs. #1 wide or tight	Near Back, Tackle, QB	1. Contain rusher vs. pass 2. "Change" call - play Sam/Will's weakside coverage responsibility
<u>STRONG CORNER</u>	7-10 yds. deep Hash-Split Rule poss. "Bump" call	#1	1. M/M on #1 from off using inside technique 2. No post help CP: "Bump" - M/M on #1 from bump using shoulder tech.
<u>STRONG SAFETY</u>	3 yds. outside normal #2 Ins. shoulder vs. slot/twin 6-7 yds. deep	Thru #2 to backs	1. M/M on #2 on medium/deep routes using outside tech. 2. If #2 blocks or runs diagonal, help on #1 CP: Vs. #2 outside release, Slot, flex - use inside tech. CP: Help linebacker on #3 deep
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle	#1	Vs. #1 wide - cover #1 M/M using inside tech. CP: Corner will jam #1 outside Vs. #1 tight - play 1 field weakside CP: vs. WR at X tight, cover X Cross
<u>WEAK CORNER</u>	0-7 yds. deep inside alignment	#1, then #2	1. Cover all outside/close routes by #2 Vs. #1 wide - 1. Jam #1 outside & read pattern by #2 2. If #2 runs inside or blocks, collapse Vs. #1 tight - 1. Cover outside route of #1/#2

ADJUSTMENTS - STACK COVER #5C/FRISCO



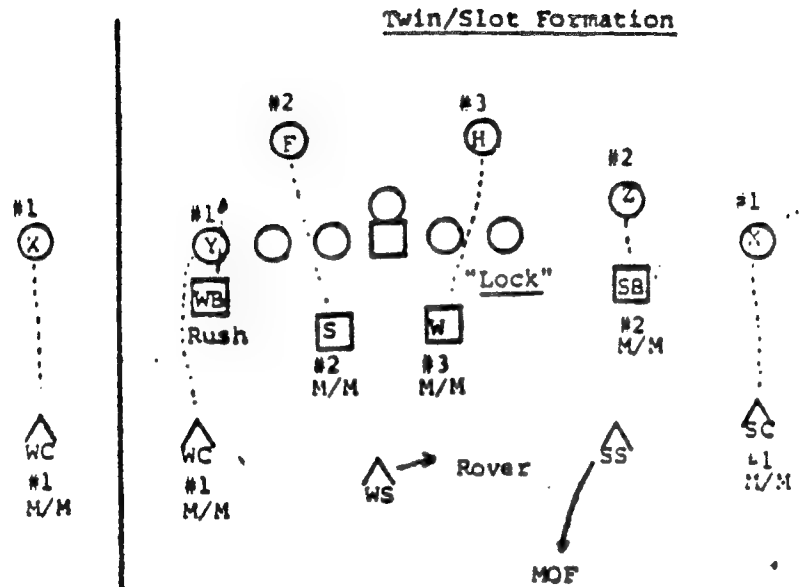
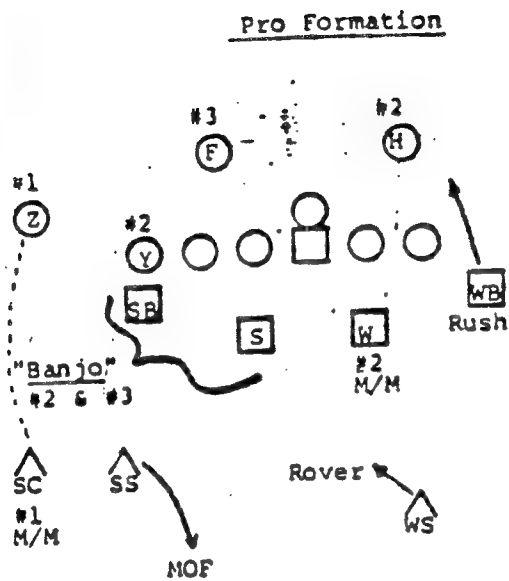
STACK COVER #2 MAN



Stack Cover #2 Man - A combination Man/Man and Zone Coverage used vs. Pro formation only. Five underneath defenders play man/man and two deep defenders play zone (1/2 field). No Flow. 2 Man is a match-up coverage.

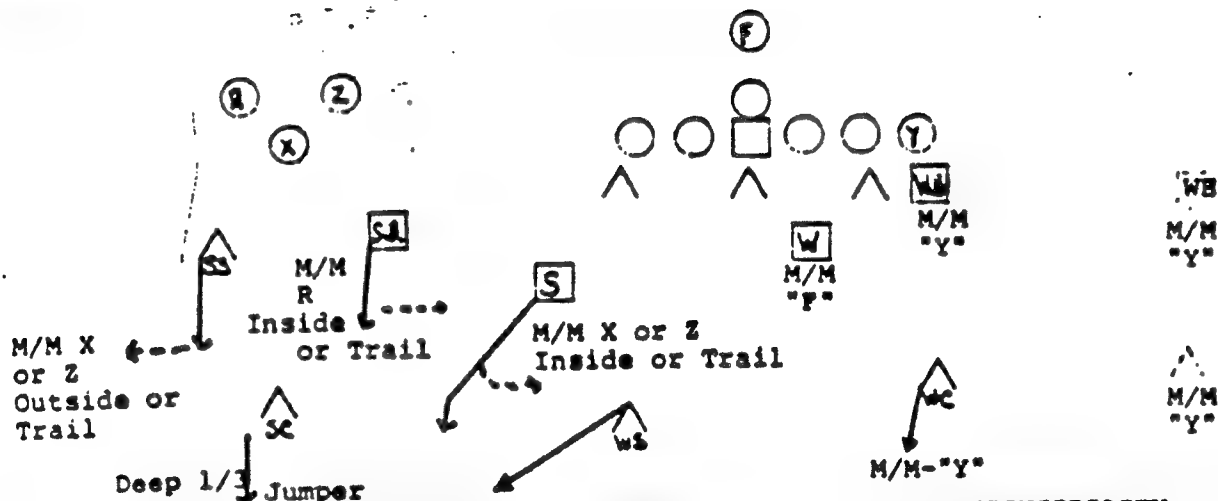
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	9 Tech. vs. Split, Strong 6 Tech vs. Wing, I 7 Tech. vs. Flex	#2 & #3	1. Wing, I, Flex - "Lock" call - cover #2 M/M using trail tech. 2. Split Strong - "Banjo" call - cover #2/#3 using trail tech. 3. If your coverage blocks, hug - CP: "Clamp" vs. #1 close
<u>AM</u>	Head up on Guard 3 1/2-4 yds. deep CP: poss. "Slide"	Near Back, Guard, QB	1. Wing, I, Flex - "Lock" call - cover #3 M/M using trail tech. 2. Split, Strong - "Banjo" call - cover #2/#3 using trail tech. 3. If your coverage blocks, hug - CP: "Clamp" vs. #1 close
<u>WILL</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard QB	1. Cover #2 M/M to goal line using trail technique 2. If your coverage blocks, hug 3. "Change" call vs. Double Wing - rush
<u>WEAK BACKER</u>	9 Technique	Near Back, Tackle, QB (Ball)	1. Contain rusher 2. "Change" call - cover #2 man/man
<u>STRONG CORNER</u>	Up or Off	#1	1. Man/Man on #1 using trail technique (1/2 help) CP: Usually play this coverage from Up CP: "Iowa" vs. #1 half fly or close
<u>STRONG SAFETY</u>	4 yds. outside normal Y 7-10 yds. deep	#1 and QB	1. Drop as aiming point 3 yds. inside numbers - 17 yds. deep. 2. Read #1's release and take a hard read on the QB CP: "Iowa" vs. #1 half fly or close
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle	#1 and QB	1. Drop as aiming point 3 yds. inside numbers - 17 yds. deep 2. Read #1's release and take a hard read on the QB
<u>CORNER</u>	Up or Off	#1	1. Man/Man on #1 using trail technique (1/2 help) 2. Usually play this coverage from up vs. #1 wide

STACK COVER #2 MAN ROVER



Stack Cover 2 Man Rover - A combination Man/Man and Zone coverage. Five underneath defense play Man/Man. Rover helps on routes in center area (15-18 yds. and safety guarantees post help. No Flow.

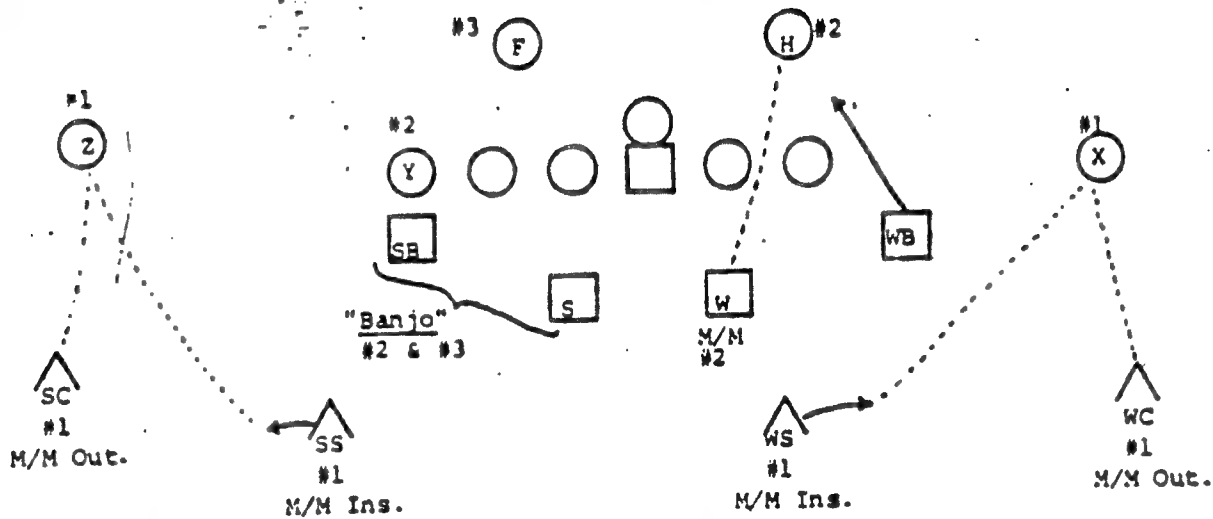
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	SAME AS	STACK	COVER 2 MAN C.P. - Post & Center help - No "Clamp" call
<u>SAM</u>	SAME AS	STACK	COVER 2 MAN C.P. - Post & Center help - No "Clamp" call
<u>WILL</u>	SAME AS	STACK	COVER 2 MAN C.P. - Post & Center help
<u>WEAK BACKER</u>	SAME AS	STACK	COVER 2 MAN C.P. - 43 Cover 2 Man Rover - Play like "Change" call
<u>STRONG CORNER</u>	Up or Off	#1	1. Man/Man on #1 using outside technique 2. Post & Center help C.P. - Match-up coverage C.P. - No "Iowa" vs. #1 close
<u>STRONG SAFETY</u>	4 yds. outside normal 7-10 yds. deep Inside shoulder of #2 Vs. Slot/Twin	#2	1. Cover deep middle, deep as the deepest 2. Guarantee post help. 3. Key ball and read strong to weak progression
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle	#2 Strong	1. Slide to center of field 15-18 yds. deep 2. Cover #2 on seam 3. Key ball and read strong to weak progression 4. Help on center cuts, curls
<u>WEAK CORNER</u>	Up or Off	#1	1. Man/Man on #1 using outside technique 2. Post & Center help C.P. - Match-up coverage

STACK JUMP BALL

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
STRONG BACKER	Line inside of 3rd rec. 3 yds. off	"R"	<ol style="list-style-type: none"> 1. Start running off keeping all 3 receivers outside you. 2. Cover "R" inside on all routes m/m. 3. No-Route - continue to run play tip.
SAM	On Guard 6 yds. deep	Run or Pass	<ol style="list-style-type: none"> 1. Start off running three Dig area. 2. Cover X or Z M/M on inside route. 3. No Route continue to run keep inside all three play inside tip.
WILL	SAME	AS STACK	<ol style="list-style-type: none"> 1. "F" M/M to GL.
WEAK BACKER	SAME C.P.- Weak Split	AS STACK Out Align if End.	<ol style="list-style-type: none"> 1. Cover Y or Wide receiver your side - M/M using inside tech.
STRONG CORNER	SAME	AS STACK	<ol style="list-style-type: none"> 1. Play deep outside third. 2. Be jumper (no interference)
STRONG SAFETY	Line up outside of widest 3 yds. off	X or Z	<ol style="list-style-type: none"> 1. Start off running 2. Cover X or Z on all outside routes. M/M. 3. No Route continue to run play tip.
WEAK SAFETY	Loosen toward Deep Outside 3rd		<ol style="list-style-type: none"> 1. Rainbow all receivers. 2. Play Deep tip
WEAK CORNER	SAME	AS STACK	<ol style="list-style-type: none"> 1. Loose man to man Y 2. Y blocks work strong look to help on 3 receivers

STACK COVER DOUBLE #2 MAN

Stack Cover Double 2 Man - A tight man/man coverage used in the Red Area. Both safeties and corners double #1; 3 linebackers cover the 3 remaining receivers. One linebacker rushes. Match-up coverage. No Flow. Play "Combo" Vs. Slot/Twin. Automatic "6" call on "Combo".

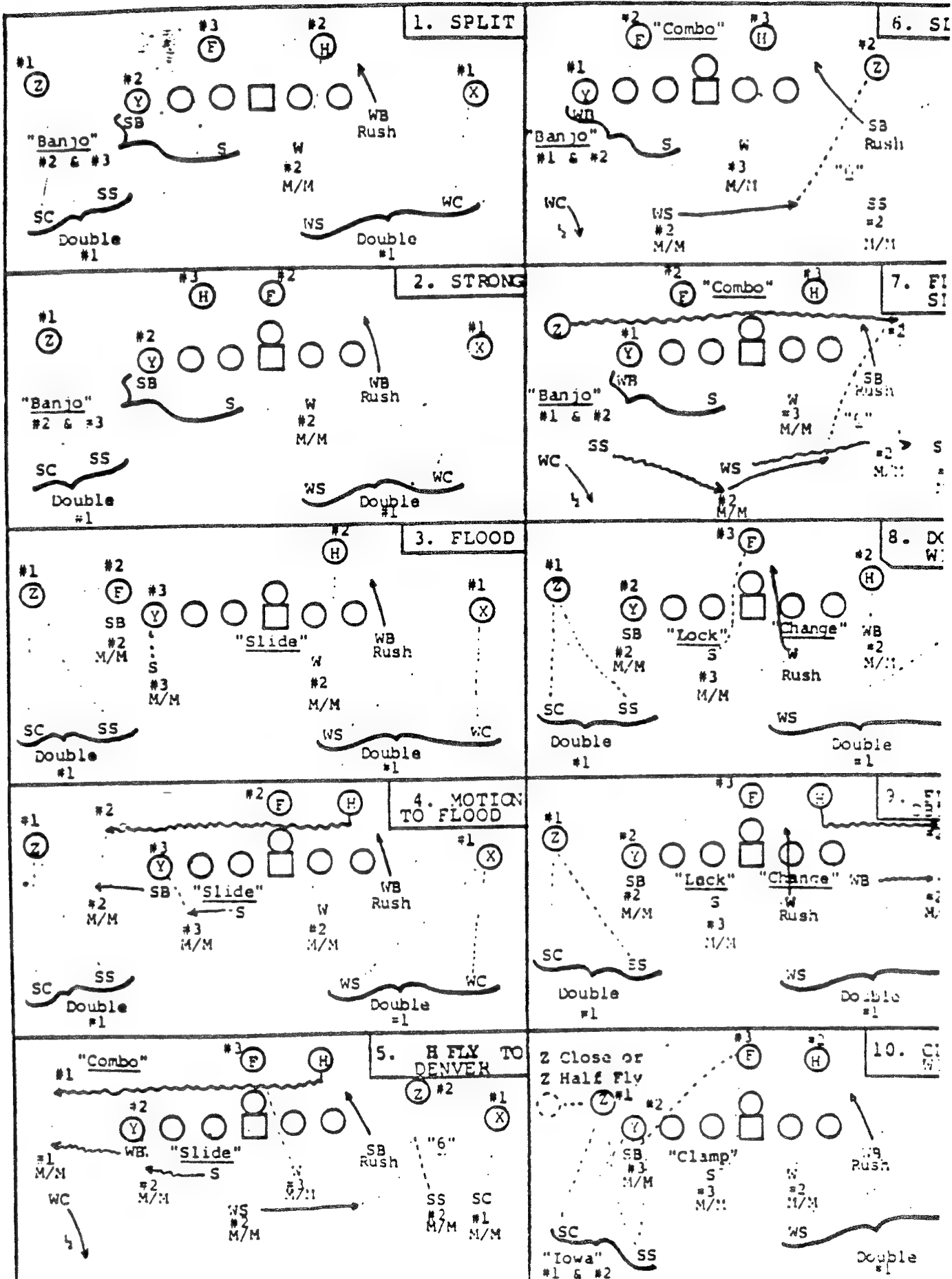


POSITION ALIGNMENT KEY

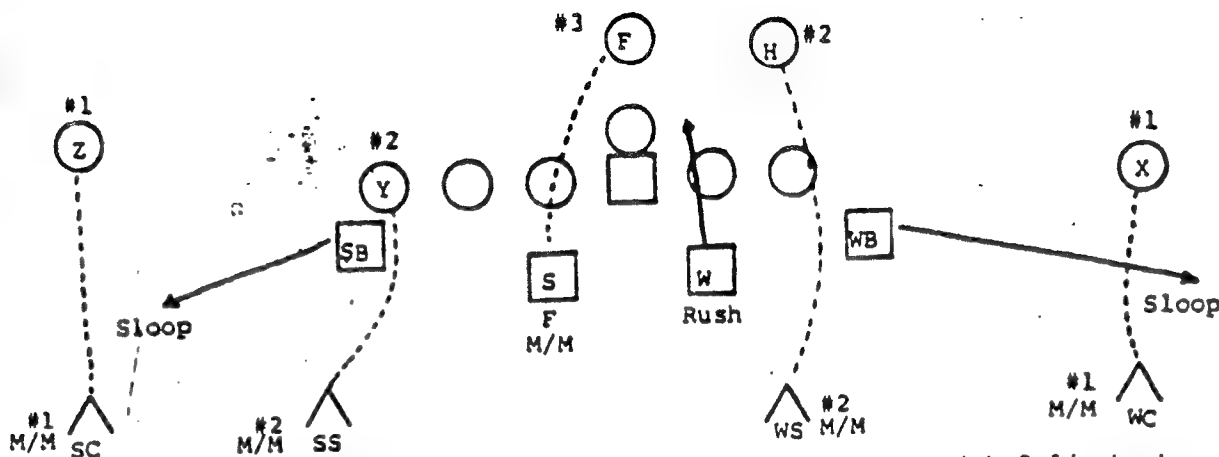
RESPONSIBILITY

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	<u>SAME AS 2 MAN</u>	<u>COVER</u>	1. Same as Cover 2 Man. C.P. - Use inside technique (no deep inside help). Poss. help from SC on #2 or #3 flag.
<u>TAM</u>			1. Same as Cover 2 Man. C.P. - Use inside technique (no deep inside help). C.P. - Vs. Slot/Twin - check "Combo"
<u>WILL</u>			1. Same as Cover 2 Man. C.P. - Use inside technique (no deep inside help) Poss. help from WC on #2 flag. "Change" call Vs. Double Wing
<u>WEAK BACKER</u>			1. Same as Cover 2 Man. Alert "Change" call.
<u>STRONG CORNER</u>		#1	1. Man/Man on #1 using outside technique (take away all outside routes). 2. Squeeze inside cuts and look for outside route by #2 or #3. C.P. - Usually play this coverage from Off.
<u>STRONG SAFETY</u>		#1 (No Move)	1. Man/Man on #1 using inside technique (take away all inside routes). 2. Free up on outside route by #1 and help on #2 or #3 deep.
<u>WEAK SAFETY</u>		#1 (No Move)	1. Man/Man on #1 using inside technique (take away all inside routes). 2. Free up on outside route by #1 and help on #2 deep or strongside crossers. C.P. - Vs. Slot/Twin - check "Combo"
<u>WEAK CORNER</u>		#1	1. Man/Man on #1 using outside technique (take away all outside routes). 2. Squeeze inside cuts and look for outside route by #2. C.P. - Usually play this coverage from Off.

ADJUSTMENTS - STACK COVER DOUBLE #2 MAN/COMBO



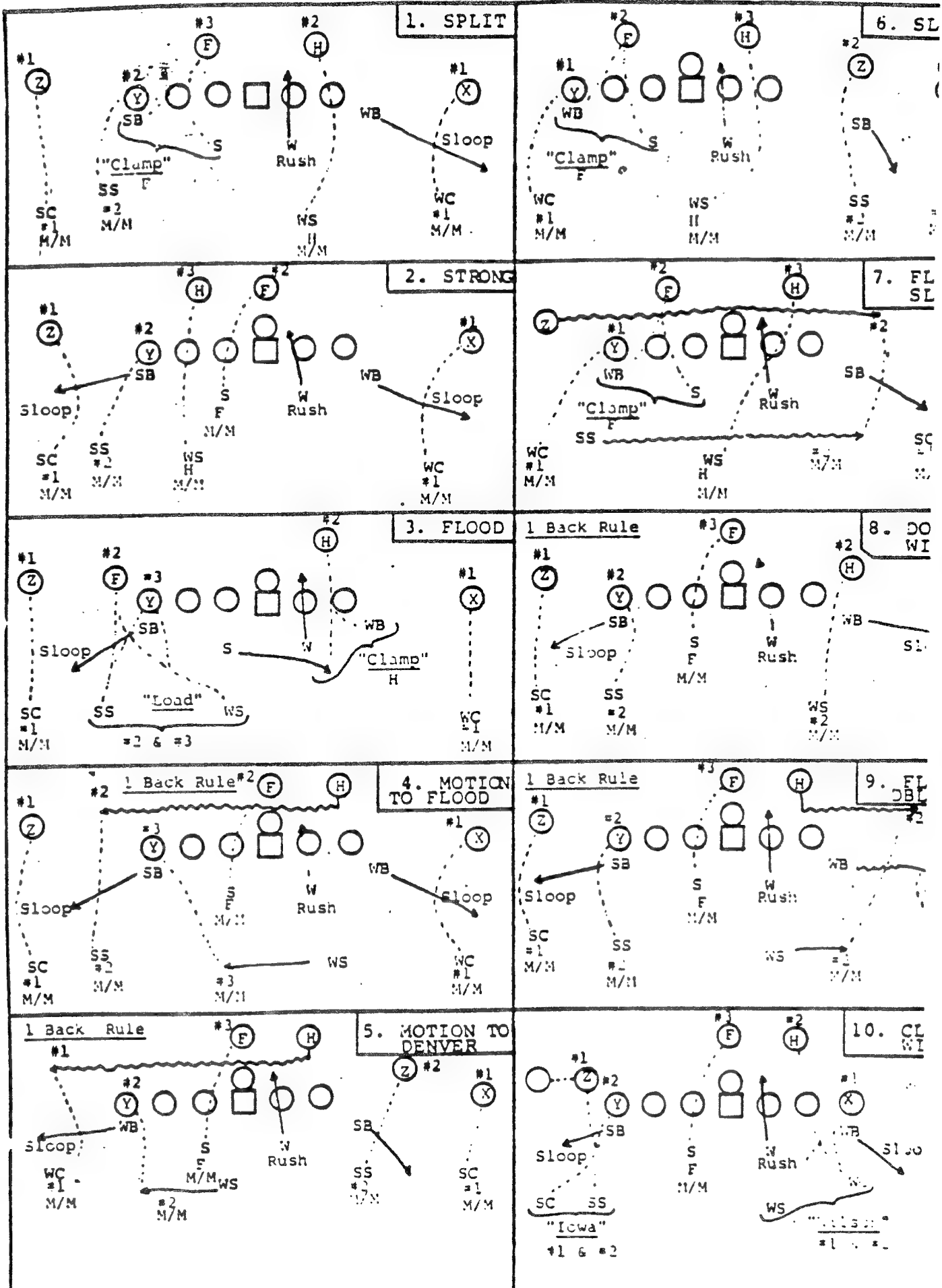
STACK "RENO"



Stack "Reno" - A man/man coverage used only in the red area, with 3 linebackers in coverage. The free safety is committed to coverage on a back/TE (no post help).
 1 back rule - Sam has remaining back - No flow on a 1 back set.
 Defensive backs and Sam play flow rule on play action to the tight end side.

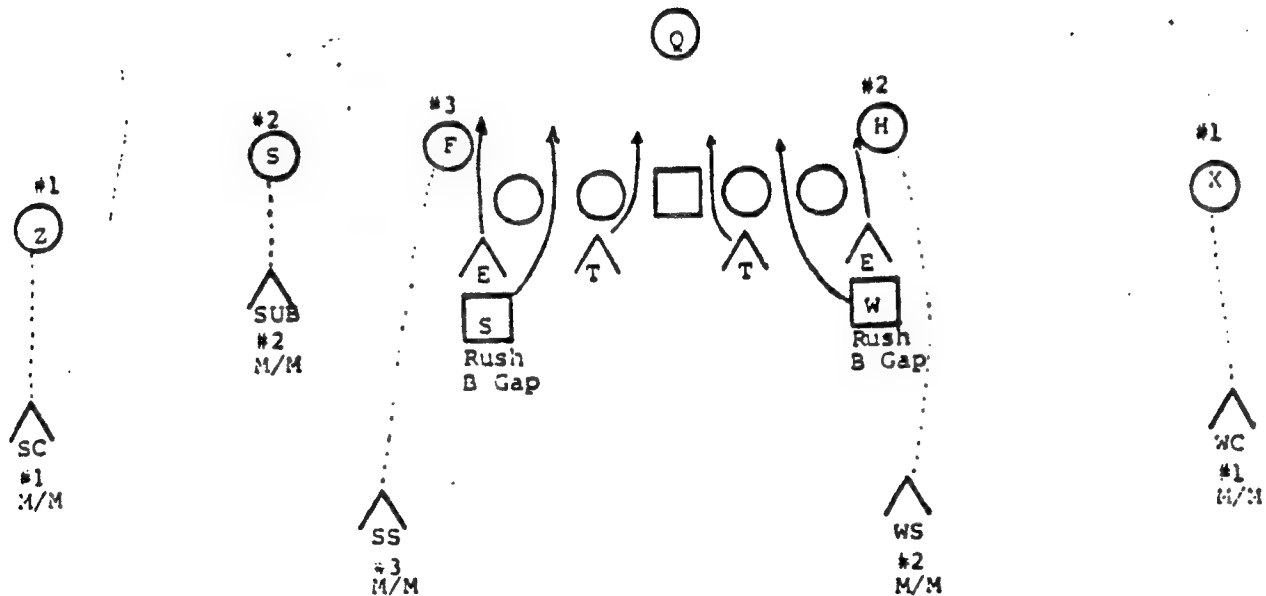
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
STRONG BACKER	Same as Stack Cover #1 (Funnel)	Same as Stack Cover #1 (Funnel)	Vs. FB normal - 1. Sloop to out vs. normal TE 2. Work outside #2 vs. Slot/Twin Vs. FB/LB offset - 1. "Clamp" tech. on back CP - "Bump" - drop to curl area and help on inside route by #1
SAM			1. Cover back lined up directly behind QB man/man CP - Split backs, cover back on TE side 2. 1 back rule - cover remaining back man/man Vs. LB/FB offset - "Clamp" tech. on back with OLB 3. Vs. flow, cover 2nd back strong
WILL			1. Inside rusher
WEAK BACKER			vs. FB normal - 1. Sloop to out (responsible for Q) Vs. FB/LB offset - 1. "Clamp" technique on back CP - "Bump" - drop to curl area and help on inside route by #1
STRONG CORNER	5-7 yds. deep CP-No deeper than G. Line Hash-Split Rule poss. "Bump" call	#1	1. Man/Man on #1 from off using hard inside tech. 2. You will get sloop help from SB unless FB/LB is offset to your side. CP - No sloop vs. Slot/Twin 3. "Iowa" call vs. #1 close, Z Half Fly "Bump" - Man/Man on #1 from bump using inside technique.
STRONG SAFETY	2 yds. outside normal #2 Ins. shoulder vs. Slot/Twin 5-7 yds. deep CP-No deeper than G. Line	Thru #2 to backs	1. See flow, Man/Man on #2 from off using outside tech. CP - Slot, Twin, Y Flex, Y outside release - use inside tech. You will get sloop help from SB unless FB/LB is offset to your side. 2. 1 Back Rule - Cover #2 (poss. "Load") 3. "Iowa" call vs. #1 close, Z Half Fly 4. "Load" vs. strong, flood, flow
WEAK SAFETY	by coverage 5-7 yds. deep CP-No deeper than G. Line	Thru uncovered linemen to backs	1. Cover back <u>not</u> lined up directly behind QB man/man. CP - Split backs, cover back away from TE 2. 1 Back Rule - Cover #3 strong/#2 weak not in backfield. 3. Poss. "Wilson" with WC vs. #1 tight. 4. "Load" vs. strong, flood, flow.
WEAK CORNER	5-7 yds. deep CP-No deeper than G. Line poss. "Bump" call	#1 CP-#1 Tight Thru #1 to backs	1. Man/Man on #1 from off using hard inside technique. 2. You will get sloop help from WB unless FB/LB is offset to your side. 3. Poss. "Wilson" with WS vs. #1 tight. "Bump" - Man/Man on #1 from bump using inside tech.

ADJUSTMENTS - STACK "RENO"



42 FALCON BLITZ

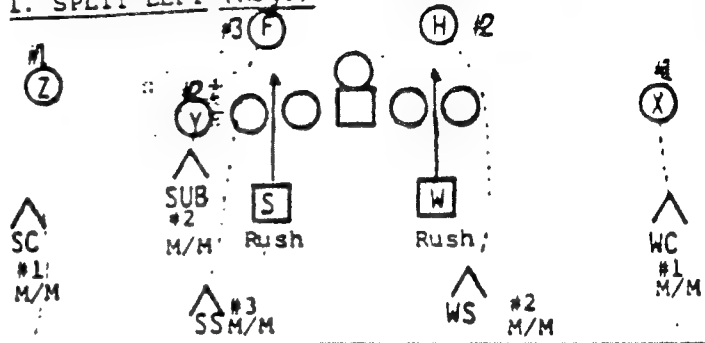
24. 2 FALCON BLITZ - A man/man coverage with 6 free rushers. Defensive backs handle all coverage and motion.



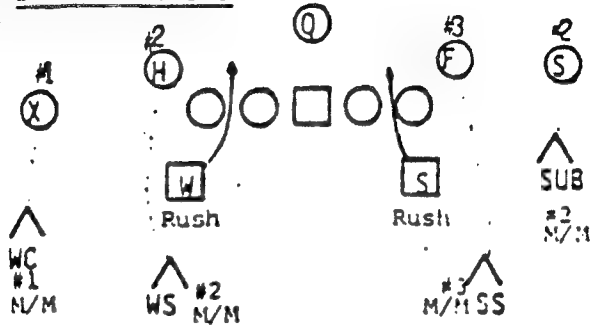
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>ENDS</u>	5	Ball	1. Outside rusher - no games C.P. - Poss. "Charlie" call
<u>TACKLES</u>	2 (poss. George)	Ball	1. Rush A gap. Poss. "Tom"/"Tess" game by game plan C.P. - Poss. "Able" call
<u>SAM</u> & <u>WILL</u>	on #2/#3 3-4 yds. deep	Ball	1. Rush B gap ("Baker") 2. Poss. "Able", "Charlie" calls
<u>STRONG</u> <u>CORNER</u>	on #1 Off poss. "Bump"	#1	1. Cover #1 man/man using inside technique. C.P. - "Bump" - use shoulder technique
<u>SUB</u>	On #2 Off poss. "Bump"	#2	1. Cover #2 man/man using inside technique C.P. - "Bump" - use shoulder technique
<u>STRONG</u> <u>SAFETY</u>	Split #2/#3 7-10 yds. deep	#3	1. Cover #3 man/man 2. Cover all motion by #3 - "Push" fly by #3
<u>WEAK</u> <u>SAFETY</u>	On #2 7-10 yds. deep	#2	1. Cover #2 man/man 2. Call all fly by #2 - "Push" motion by #2
<u>WEAK</u> <u>CORNER</u>	On #1 Off poss. "Bump"	#1	1. Cover #1 man/man using inside technique C.P. - "Bump" - use shoulder technique

ADJUSTMENTS - 42 FALCON BLITZ

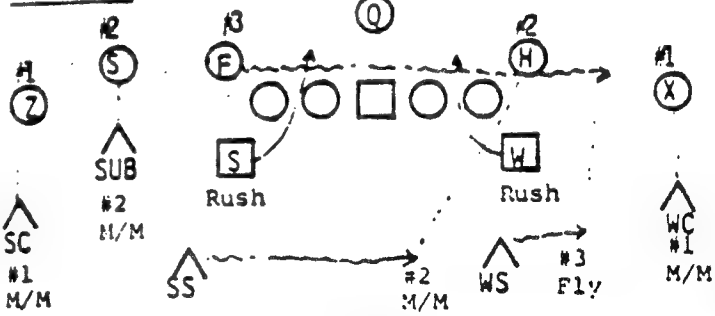
1. SPLIT LEFT (Reg.)



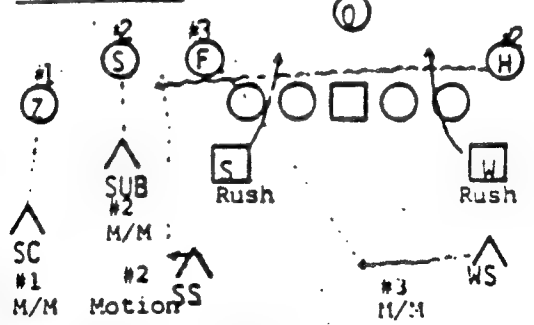
2. GUN RIGHT 3



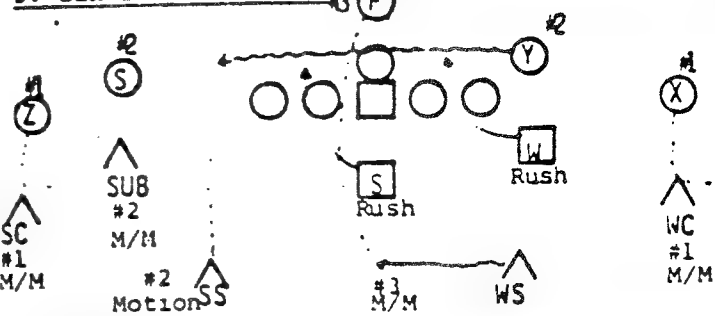
3. F FLY



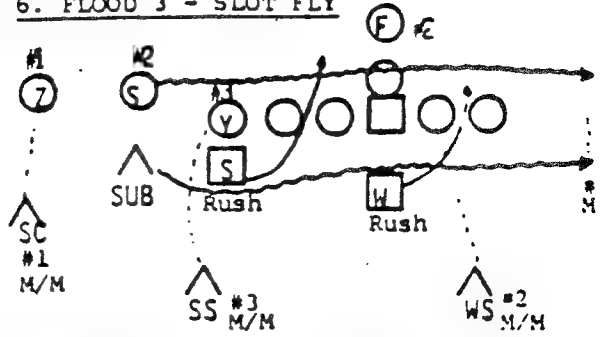
4. II MOTION:



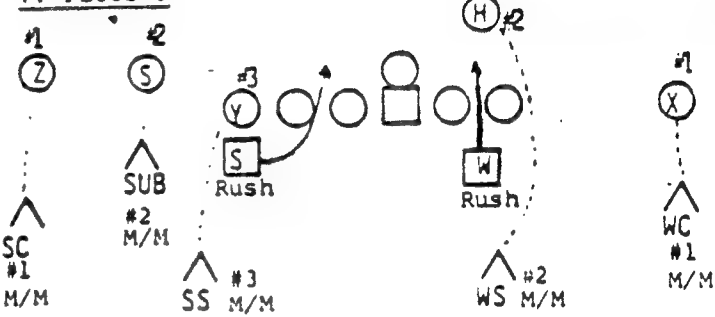
S. DENVER 3 - Y MOTION



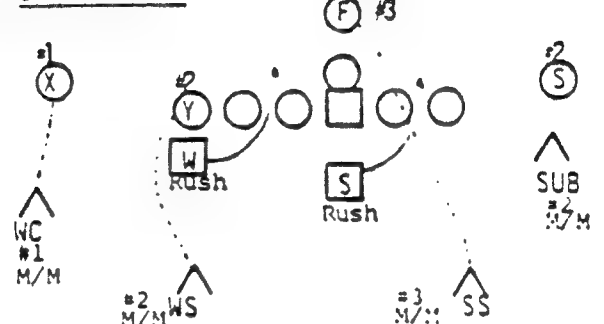
6. FLOOD 3 - SLOT FLY



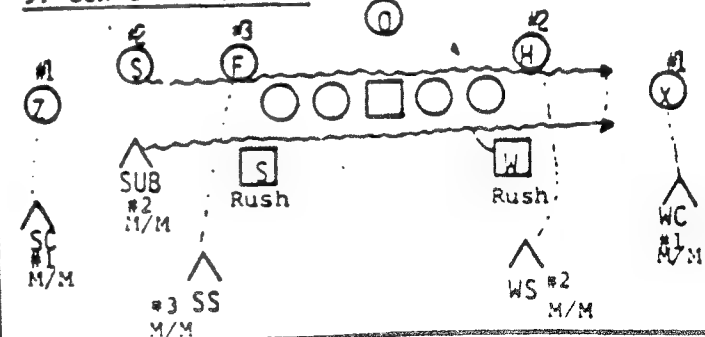
7. FLOOD 3



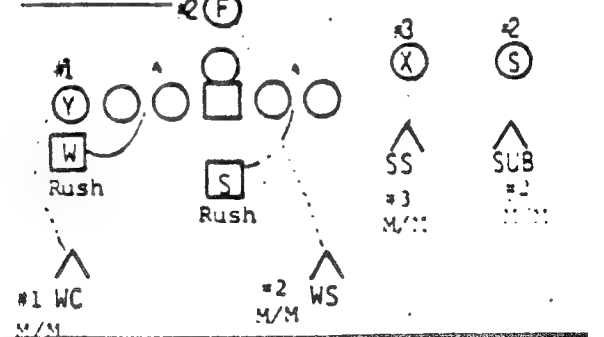
8. DENVER 3



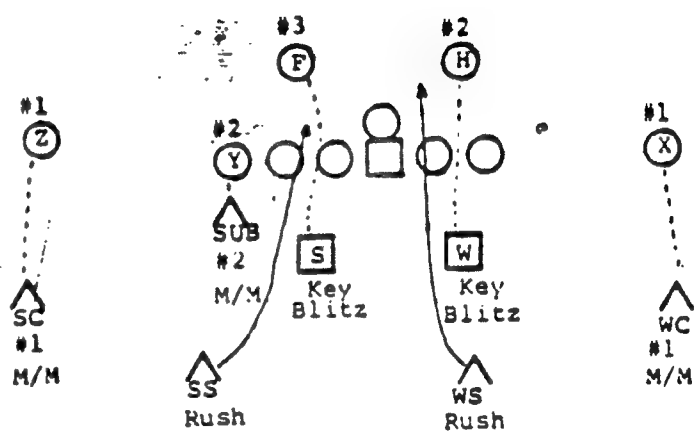
9. GUN 3 - SLOT FLY



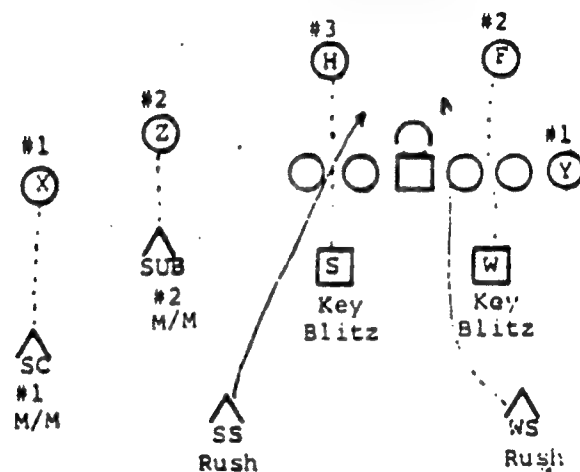
10. TRIPS 3



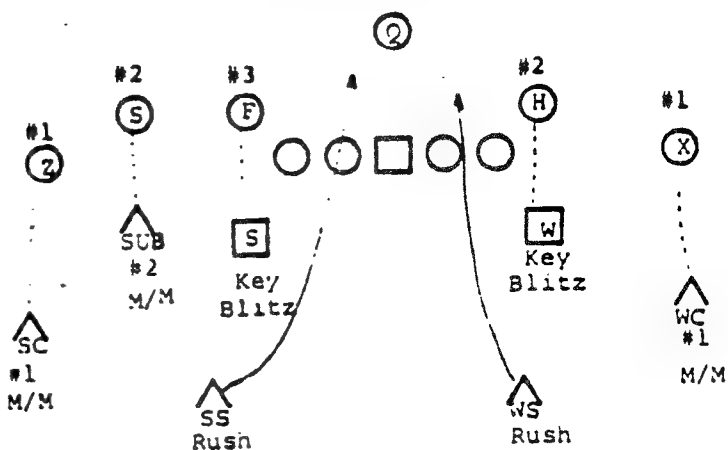
SPLIT LEFT



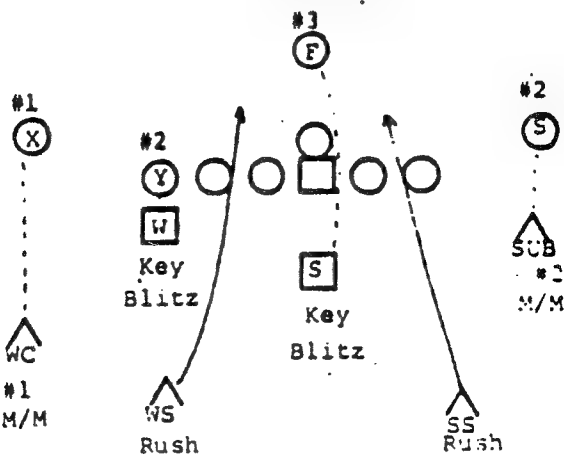
SPLIT RIGHT SLOT



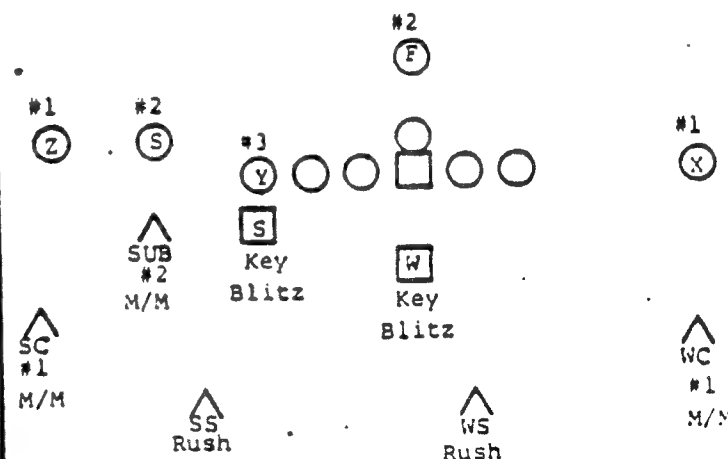
GUN LEFT 3



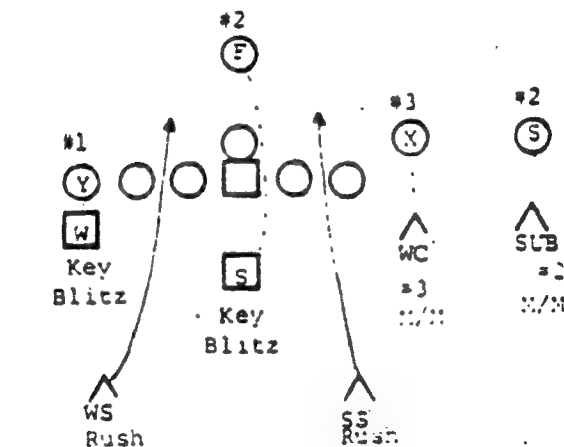
DENVER RIGHT 3



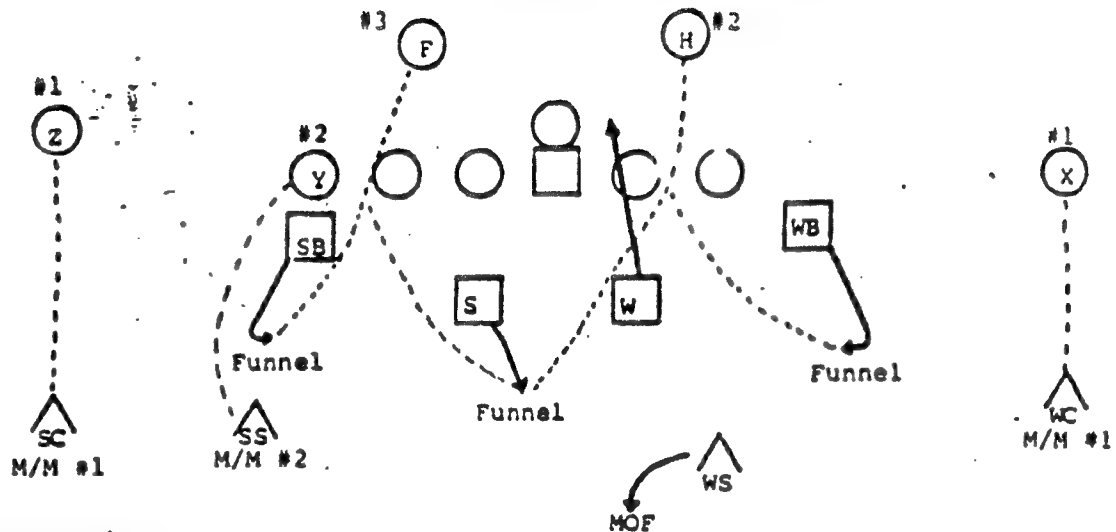
FLOOD LEFT 3



TRIPS RIGHT 3



1.

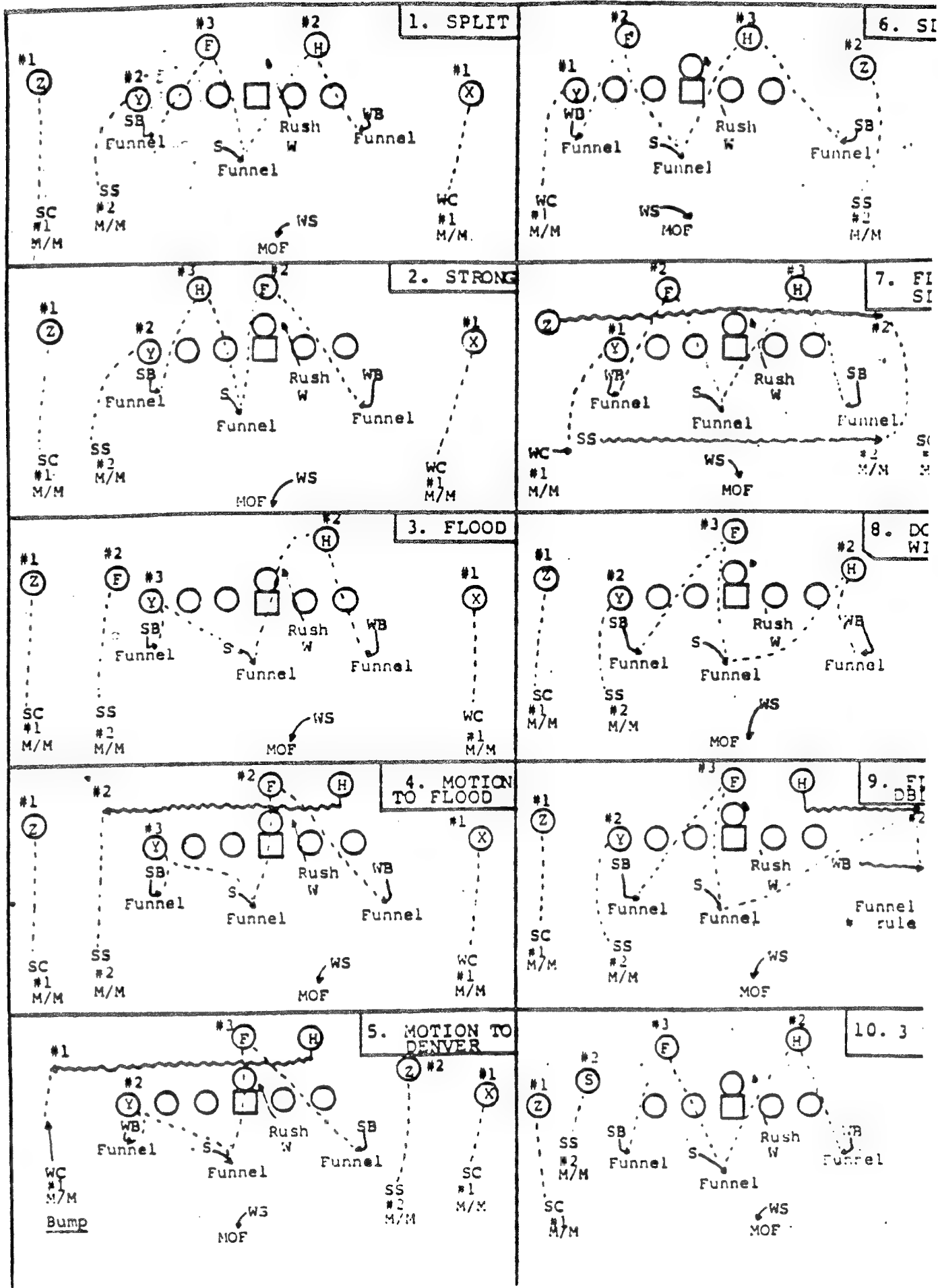
STACK COVER #1 (FUNNEL) (Vs. Regular People Only)Stack Cover #1 -

A M/M Coverage with a free safety and 3 linebackers in coverage. LB flow rule.

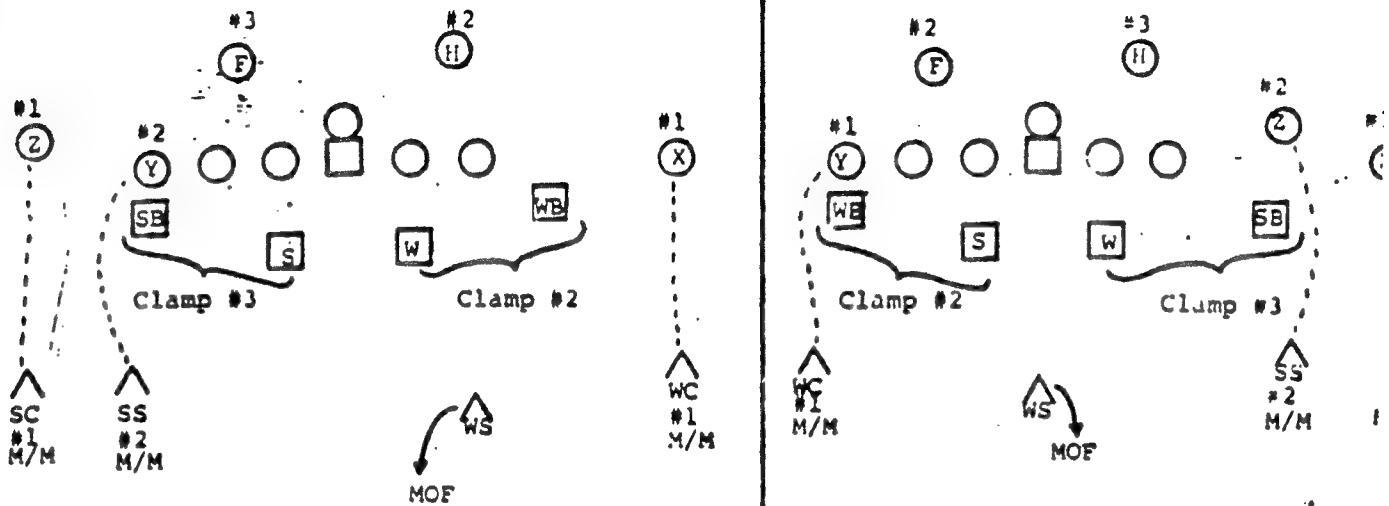
Used Vs. Regular People Only

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	6 Technique 7 Tech. vs. Flex, Slot/Twin	Tight End, Tackle, Near Back, and Guard	1. Funnel technique on #2 and #3 CP: vs. Slot/Twin, reroute #2 outside vs. Strong Slot, Denver - alert 78 Action
<u>SAM</u>	Head Up on Guard 3½-4 yds. deep	Near Back, Guard, QB	1. Funnel technique on #2 and #3 Alert 78/68 Action
<u>WILL</u>	Head Up on Guard 3½-4 yds. deep	Near Back, Guard, QB	1. Rush inside (Bullit with nose vs. dropback) CP: Cover check down on flow CP: Vs. Double Wing, give end "5" call
<u>WEAK BACKER</u>	on LOS 5 ft. from D. End 9 Tech. vs. #1 wide or tight	Near Back, Tackle, QB	1. Funnel technique on #2 and #3 Apply #'s rule on back fl;
<u>STRONG CORNER</u> & <u>WEAK CORNER</u>	7-10 yds. deep Hash-Split Rule Poss. "Bump" Call	#1	1. M/M on #1 from off using inside tech. 2. Post help from WS CP: "Bump" - M/M on #1 from bump using shoulder tech. CP: Definitely bump vs. back as #1
<u>STRONG SAFETY</u>	3 yds. outside normal #2 Ins. shoulder vs. Slot/Twin 6-7 yds. deep	Thru #2 to Backs	1. M/M on #2 using outside tech. 2. Post help from WS CP: If #2 blocks, alert screen
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle	Uncovered lineman & Backs	1. Cover deep middle, deep as the deeper 2. Guarantee post help 3. Key ball and read QB

ADJUSTMENTS - STACK COVER #1 (Funnel)



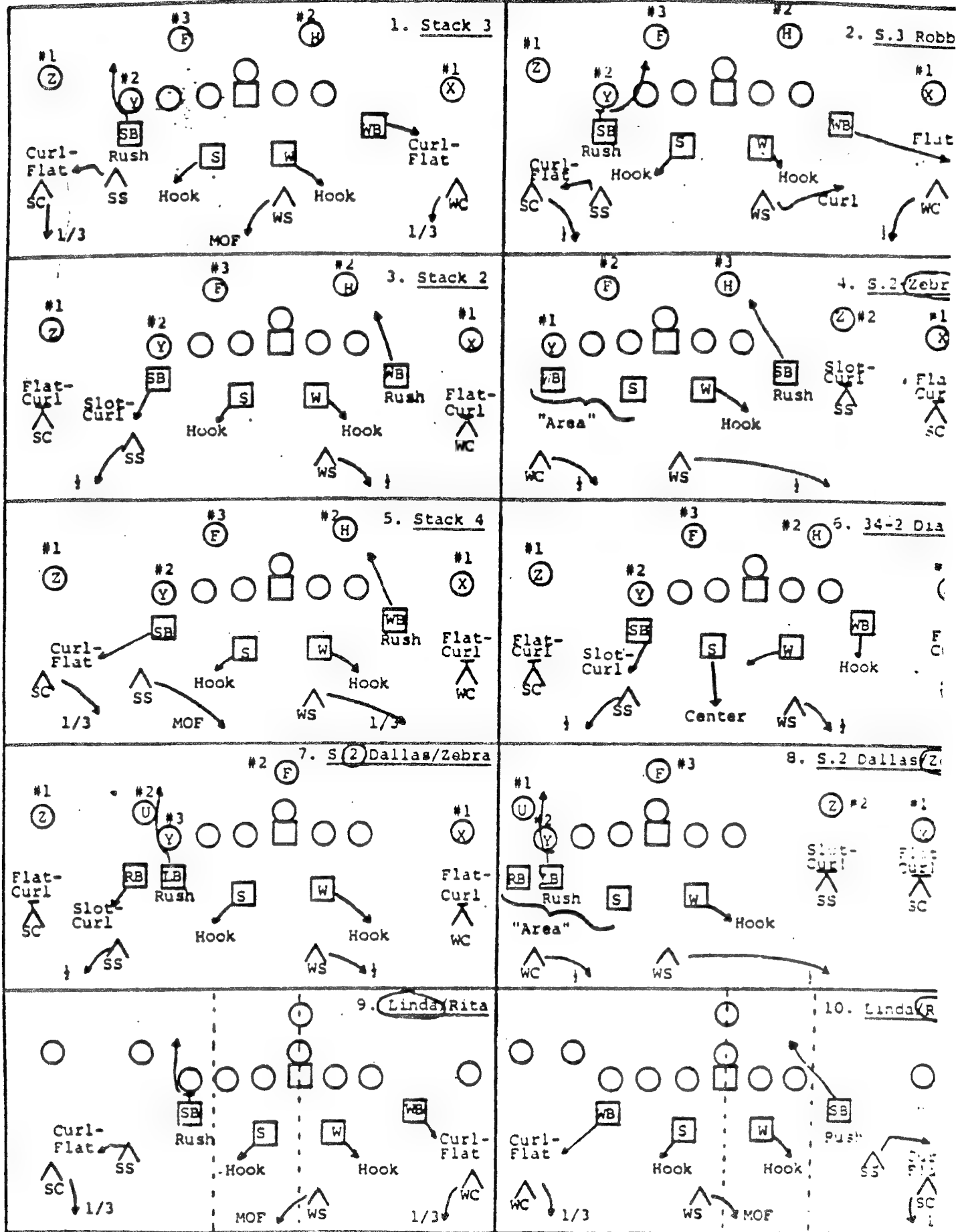
34 COVER #1 "CLAMP THE BACKS" (vs. Regular People Only)



34 Cover #1 "Clamp the Backs" - A man/man coverage with a free safety and 4 linebackers in coverage. Used vs. regular people only. LBer flow:

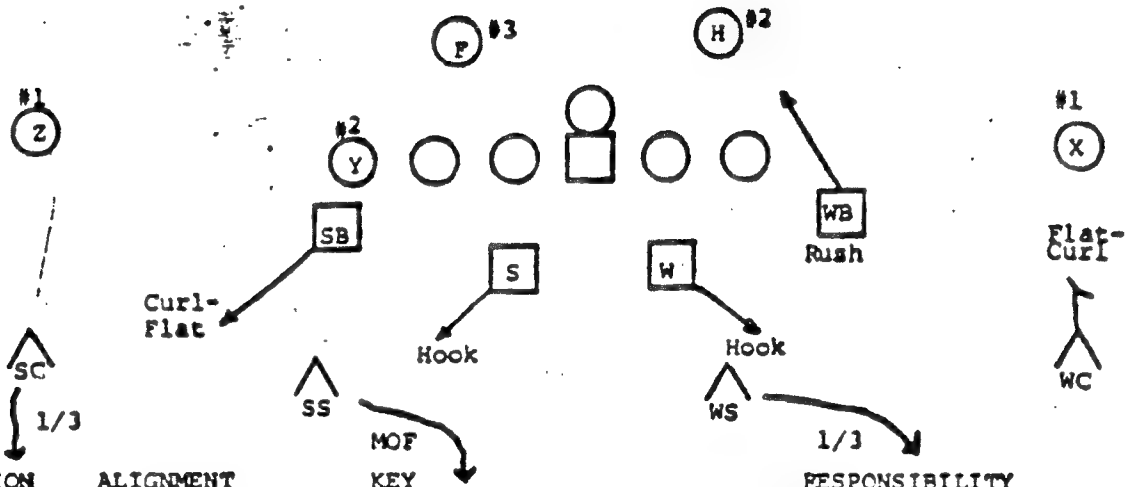
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> & <u>WILL</u>	Same as Cover #1		1. Clamp technique on back 2. Post help from WS WILL CP: "S" call to end vs. double wing
<u>STRONG BACKER</u> & <u>WEAK BACKER</u>			1. Clamp technique on back 2. Post help from WS
<u>STRONG CORNER</u>			Same as Cover #1
<u>STRONG SAFETY</u>			Same as Cover #1 CP: You may get some help from linebacker
<u>WEAK SAFETY</u>			Same as Cover #1
<u>WEAK CORNER</u>			Same as Cover #1 CP: You will get help from a linebacker unless #2 runs a stop or a close pattern

ZONE COVERAGES



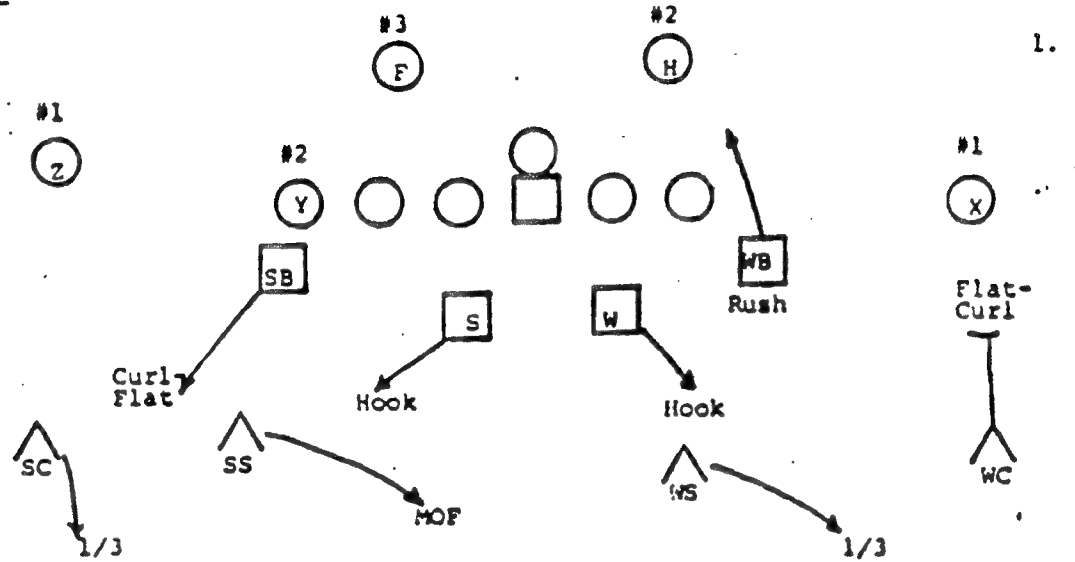
STACK COVER #4

- Stack Cover #4 - A rotated zone coverage to the one receiver side of the offensive formation with 3 linebackers in coverage, employing a tight coverage on receivers in each zone based on a read of route progression. Linebacker Flow Rule.

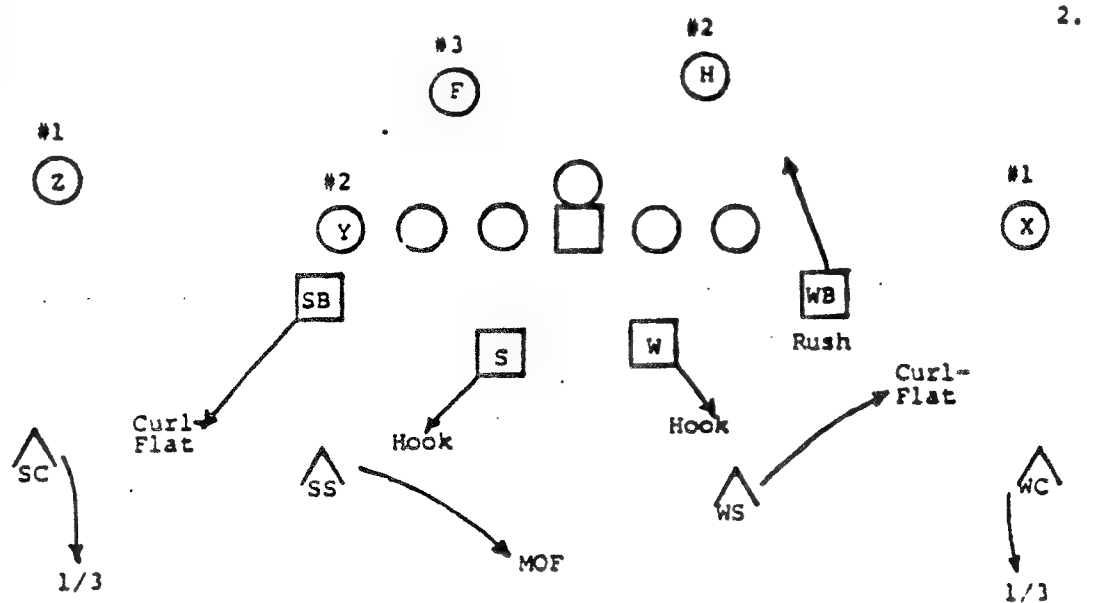


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	9 Technique 7 Technique Vs. Y Flex, Slot/Twin	Tight End, Tackle, Guard, & Near Back	<ol style="list-style-type: none"> 1. Open outside and drop to curl area. 2. Read #2 & #3 3. Vs. 3 step drop: a) play inside routes of normal #1 b) play inside routes of #2 Vs. Slot/Twin 4. Hold curl area. React when ball is thrown. 5. Attack screen outside/in.
<u>SAM</u>	Head up on guard 3 1/2-4 yds. deep	Thru Guard to Near Back	<ol style="list-style-type: none"> 1. Same as Stack Cover #3
<u>ILL</u>	Head up on guard 3 1/2-4 yds. deep	Thru Guard to Near Back	<ol style="list-style-type: none"> 1. Same as Stack Cover #3 C.P. - "Change" call - rush C.P. - "Buzz" - rush
<u>WEAK BACKER</u>	6 Technique	(Tight End) Tackle, Near Back	<ol style="list-style-type: none"> 1. Contain rush Vs. pass. C.P. - "Change" call - cover weak hook C.P. - "Buzz" - cover curl-flat
<u>STRONG CORNER</u>	Hash-Split Rule 7-10 yds. deep	Thru #2 to backs	<ol style="list-style-type: none"> 1. Same as Stack Cover #3
<u>STRONG SAFETY</u>	2 yds. outside normal Y 7-10 yds. deep	Strong Guard & Backs	<ol style="list-style-type: none"> 1. Cover deep middle 1/3, deep as the deepest. 2. Guarantee post help. Cover #2 on seam. 3. Key ball and read strong to weak progression.
<u>WEAK SAFETY</u>	10-12 yds. deep on ins. leg of wk. tackle	#2 and wk. Tackle	<ol style="list-style-type: none"> 1. Cover deep outside 1/3, deep as the deepest and thru midpoint, applying sideline rule. 2. Read #2 3. Cover #1 on all deep routes C.P. - 4 Sky - Play curl-flat responsibility C.P. - 4 Buzz - Play weak hook responsibility
<u>WEAK CORNER</u>	Hash-Split Rule 7-10 yds. deep	C - #1 Sky/Buzz - #2	<ol style="list-style-type: none"> 1. Jam #1 outside using settle tech. Play flat to curl. 2. Read #2's pattern. 3. Attack screen outside/in. C.P. - 4 Sky or 4 Buzz - Play deep 1/3 responsibility (Same as Stack Cover #3)

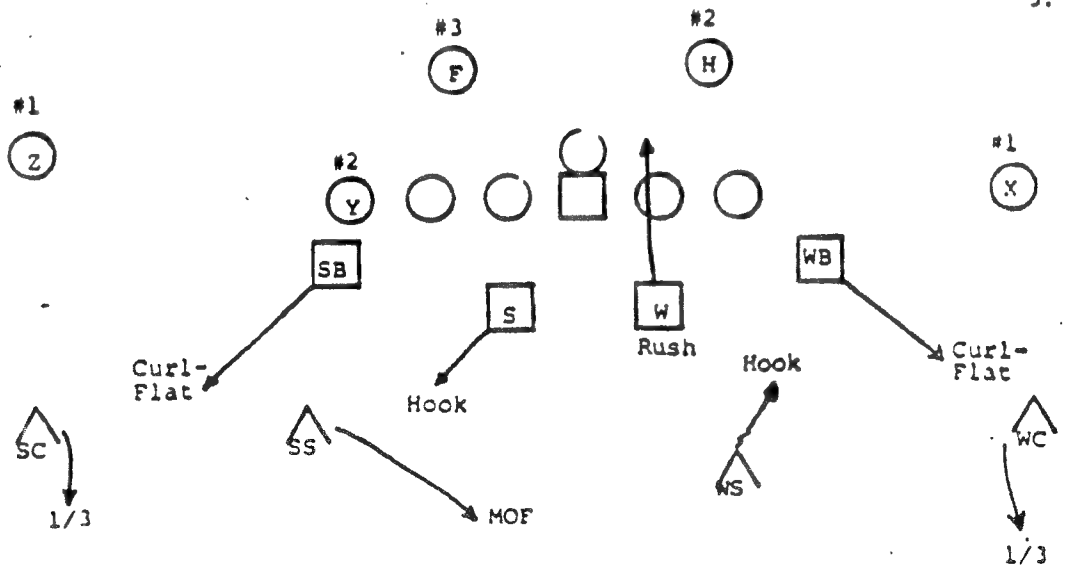
STACK 4 (Cloud)



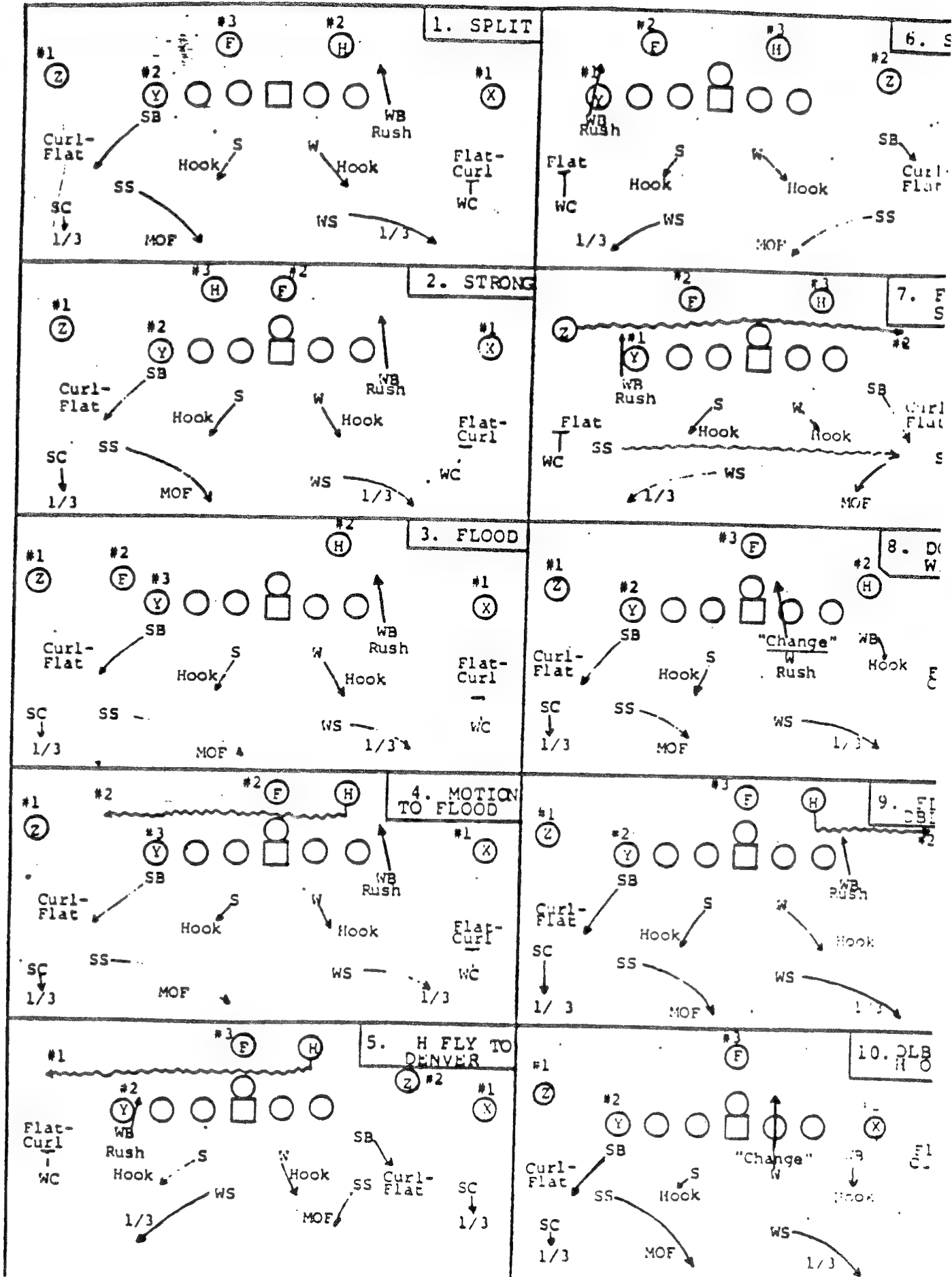
STACK 4 SKY



STACK 4 BUZZ



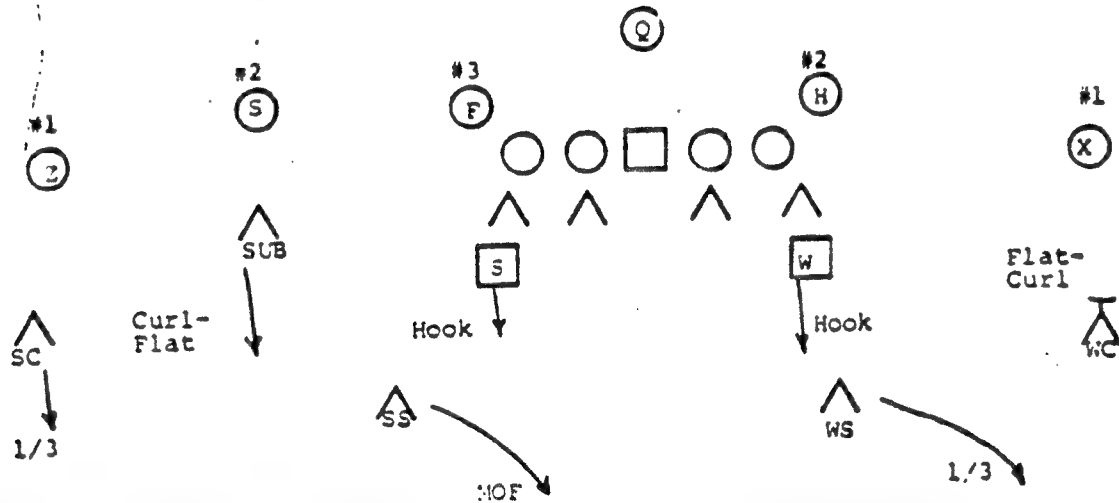
ADJUSTMENTS - STACK COVER #4



42 COVER #4

42 Cover #4 - A rotated zone coverage to the one receiver side of the offensive formation, employing tight coverage on receivers in each zone based on a read of route progression.

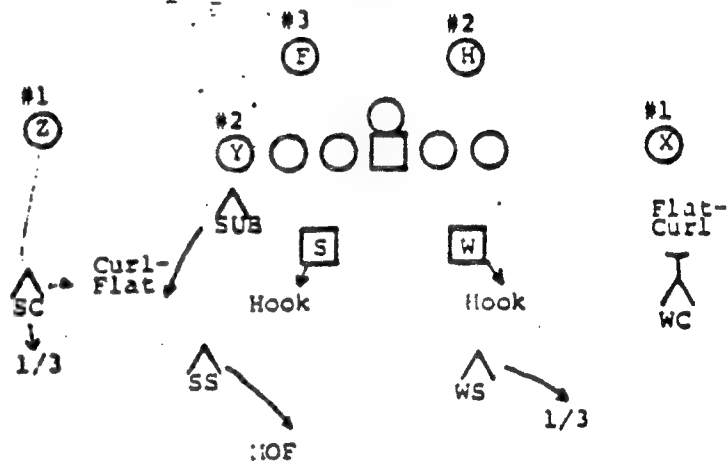
42 Cover #4 Zone - A rotated zone coverage to the one receiver side of the offensive formation. Underneath defenders get depth, read QB, and react to ball. No pattern read.



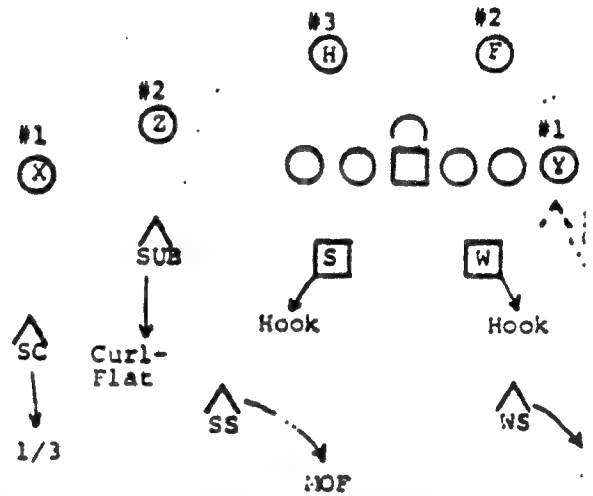
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u>	On #3 3-4 yds. deep	(Thru linemen) #3 & QB	1. Open to strong hook and read patterns of #2 & #3. 2. Carry #2 or #3 to middle. <u>Cover #4 Zone</u> - Get depth, read QB, & react to ball.
<u>WILL</u>	On #2 3-4 yds. deep	(Thru linemen) #2 & QB	1. Open to weak hook and read pattern of #2. 2. Carry #2 to middle - C.P. - #2 block, find #1. <u>Cover #4 Zone</u> - Get depth, read QB, & react to ball. No pattern read.
<u>STRONG CORNER</u>	Hash-Split Rule 7-10 yds. deep	#2	1. Cover deep outside 1/3, deep as the deepest and thru midpoint applying sideline rule. 2. Read #2 and be aware of strongside combinations strongside.
<u>SUB</u>	On #1 Up or Off	Thru #2 to backs	1. Drop to curl area & read patterns of #2 & #3. 2. Hold curl area & be aware of strongside combinations. 3. 3 step drop - play inside routes of #2 Vs. slot. <u>Cover #4 Spots</u> -Get depth, read QB, & react to ball. No pattern read.
<u>STRONG SAFETY</u>	Split #2 & #3 7-10 yds. deep	Thru uncovered lineman to backs	1. Cover deep middle 1/3, deep as the deepest. 2. Guarantee post help. Cover #3 strong side on seam. 3. Key ball & read strong to weak progression. C.P. - Trips, 3 - check "Zebra"
<u>WEAK SAFETY</u>	On #2 7-10 yds. deep	Thru uncovered lineman to #1	1. Cover deep outside 1/3, deep as the deepest, and thru midpoint. 2. Read #2. 3. Cover #1 on all deep routes. 4. Buzz - play weak hook. C.P. - 4 Sky - Play curl-flat.
<u>WEAK CORNER</u>	Hash-Split Rule 7-10 yds. deep	C - #1 Sky/Buzz - #2	1. Jam #1 outside. C.P. - "Jam", "Saddle", "Soft", "Wheel" Tech. 2. Cover flat to curl and pattern read #2. C.P. - 4 Sky/Buzz - play deep 1/3 responsibility. <u>Cover #4 Spots</u> -Get depth, read QB, & react to ball. No pattern read.

ADJUSTMENTS - 42 COVER #4 (Spots)

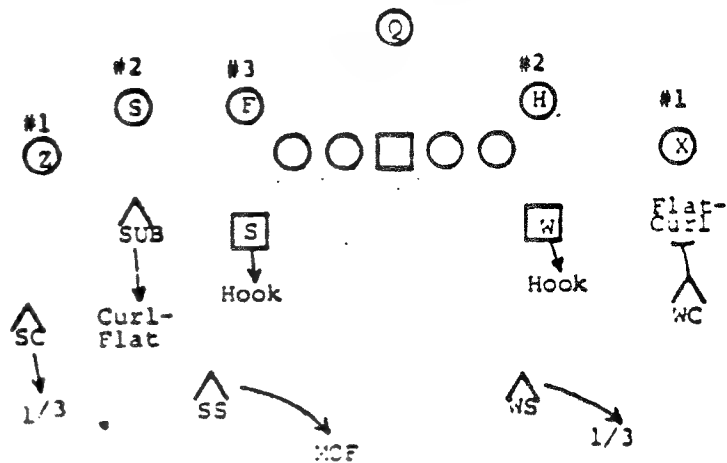
1. SPLIT LEFT



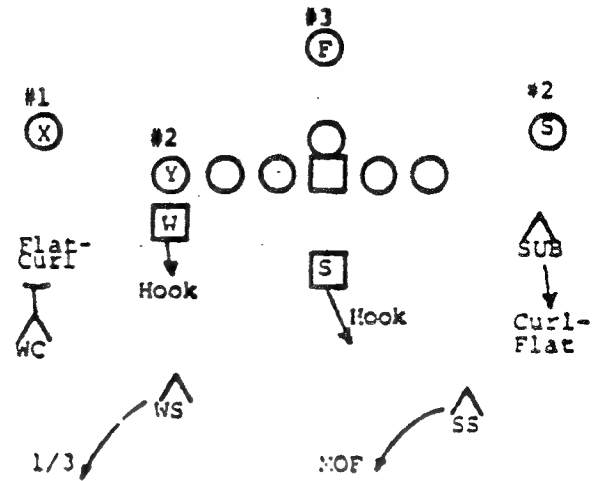
2. SPLIT RIGHT SLOT



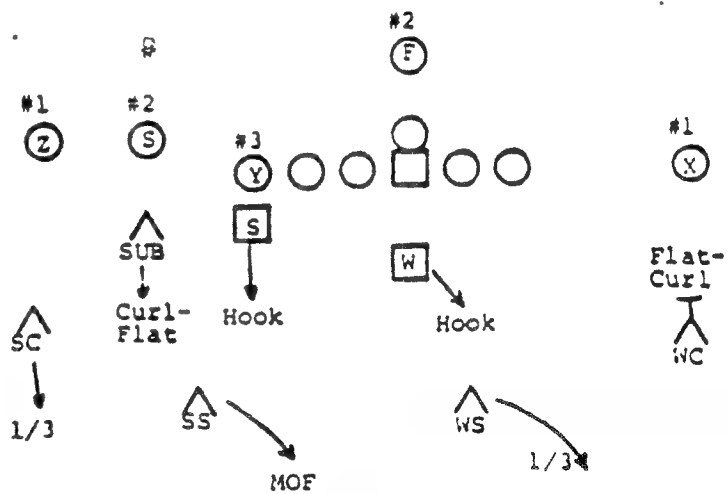
3. GUN LEFT 3



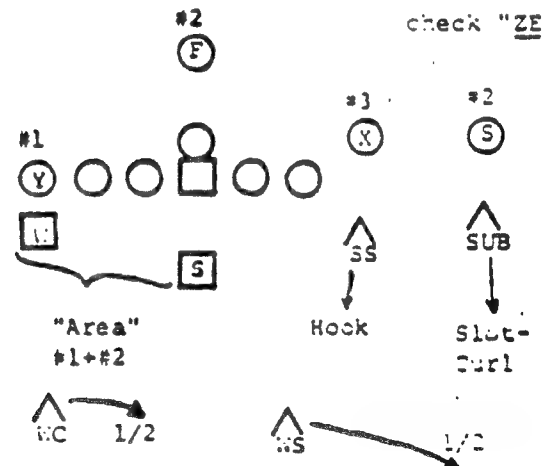
4. DENVER RIGHT 3



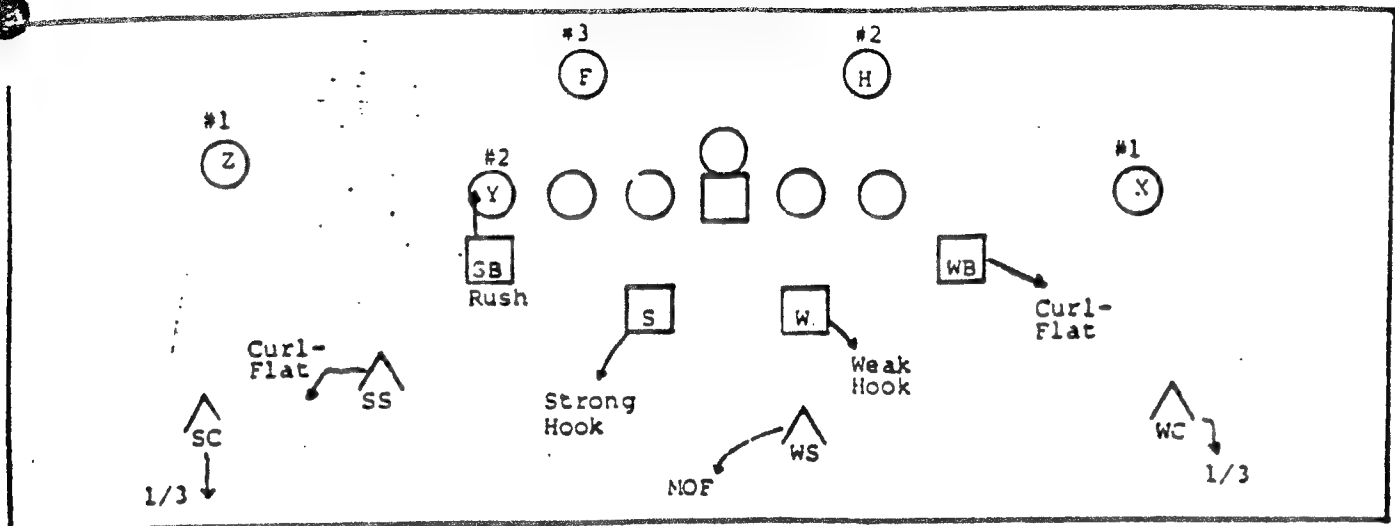
5. FLOOD LEFT 3



6. TRIPS RIGHT 3



STACK COVER #3

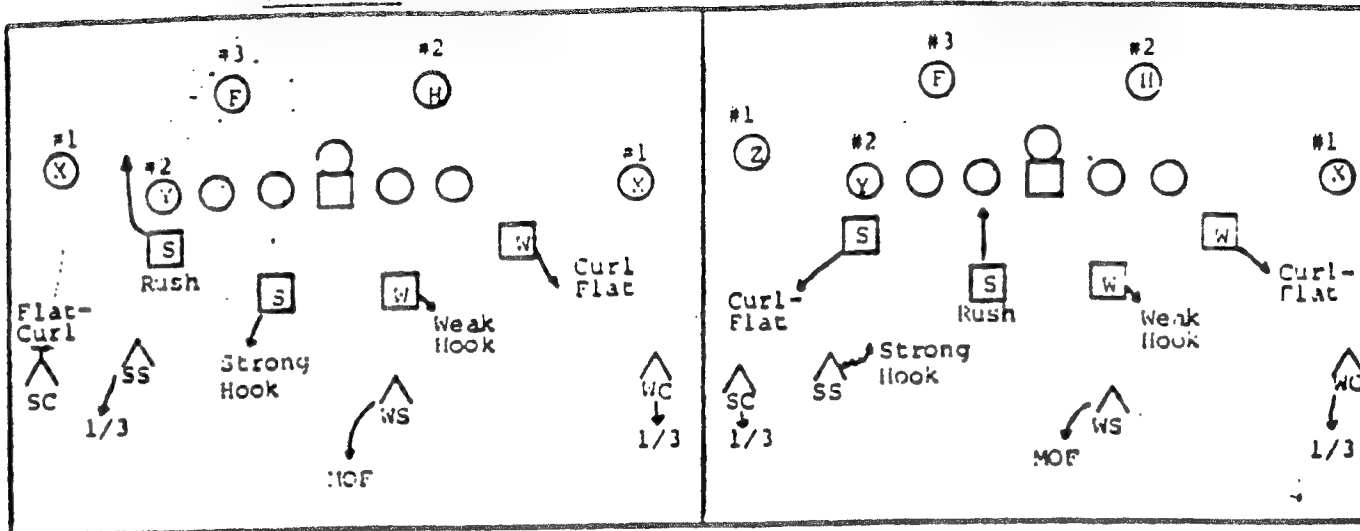


Stack Cover 3 - A rotated zone coverage to the two receiver side of the offensive formation with 3 linebackers in coverage, employing a tight coverage on receivers in each zone based on a read of route progression. Linebacker Flow Rule.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY	
<u>STRONG BACKER</u>	6 Alignment C.P. - Possible 7 Alignment vs. Y Flex	Tight End, Tackle, Guard, & Near Back	<u>Make Call to End</u> 1. Contain rush vs. pass C.P. - "Change" - assume Sam's coverage (st. hook) C.P. - S3 "Buzz" - play 9 technique Assume strong safety's coverage (curl to flat)	
<u>SAM</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	<u>Strongside</u> 1. Open to str. hook 2. Wall #2 or #3 3. Read Patterns of #1 & #2 C.P. - "Change" - rush strong C.P. - S3 "Buzz" - rush strong	<u>Weakside</u> 1. Alert "area" 2. If #1 is wide, play Will's responsibility
<u>WILL</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	<u>Weakside</u> 1. Open to weak hook area 2. Wall #2 and carry to middle area 3. Read #3 pattern 4. Attack weak screen short - cut 5. Poss. "area" call <u>Strongside</u> - assume Sam's coverage responsibility	
<u>WEAK BACKER</u>	on L.O.S. 3 ft. from End C.P. - X Tight 6 Alignment	Near Back, Tackle, QB	<u>Make call to End</u> 1. Open at an angle to go to the curl area 2. Vs. 1 step drop - take pk. middle route from #1 3. Read #3 pattern 4. Attack screen short - cut 5. Poss. "area" call	

STACK #3C (Cloud)

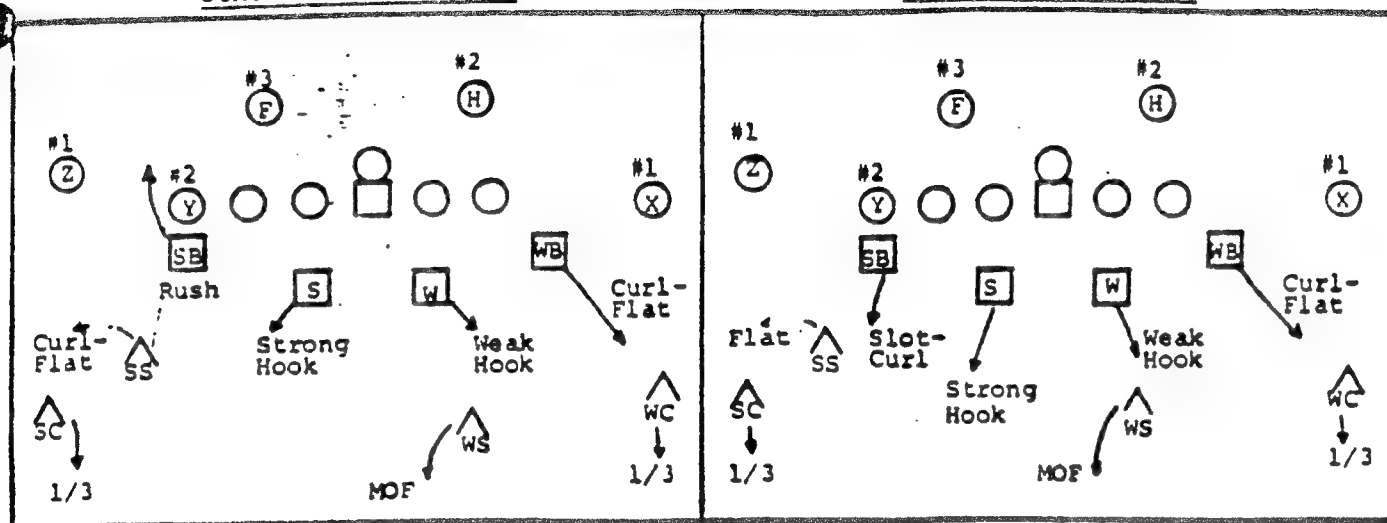
STACK 3 BUZZ



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG CORNER</u>	Hash-Split Rule 7-10 yds. deep	Thru #2 to backs	<ol style="list-style-type: none"> 1. Cover deep outside 1/3. Deep as the deepest and thru zone midpoint applying sideline rule. 2. Read strongside #2. 3. Vs. 3 step drop, play outside route of # C.P. - 3C - Jam #1 outside using settle technique. Play flat to curl. Attack screen outside-in.
<u>STRONG SAFETY</u>	4 yds. outside normal Y Inside shoulder vs. slot/twin	Thru #2 to backs	<ol style="list-style-type: none"> 1. Open outside & drop to curl area 2. Read #2 and #3. 3. Vs. 3 step drop: a) play ins. routes of normal #1. b) play ins. routes of #2 vs slot/twin. 4. Hold curl area. React when ball is thrown <p>C.P.-3C-Play Str. Corner's deep outside 1/3 responsibility. C.P.-SS Buzz-Play Sam's strong hook responsibility</p>
<u>WEAK SAFETY</u>	10-12 yds. keep on ins. leg of wk. tackle C.P. - on ball vs. slot/twin	Weak guard & backs	<ol style="list-style-type: none"> 1. Cover deep middle 1/3, deep as deepest 2. Guarantee post help. Cover #2 on seam. 3. Key ball and read strong to weak progression.
<u>WEAK CORNER</u>	Hash-Split Rule 7-10 yds. deep #1 Tite 4x4 alignment	#2 and weak tackle	<ol style="list-style-type: none"> 1. Cover deep outside 1/3. Deep as the deepest and thru midpoint, applying sideline rule. 2. Read #2 3. Vs. 3 step drop, play outside route of # C.P. - Attack qk. screen outside-in

STACK COVER #3 SPOTS

34 - COVER #3 SPOTS



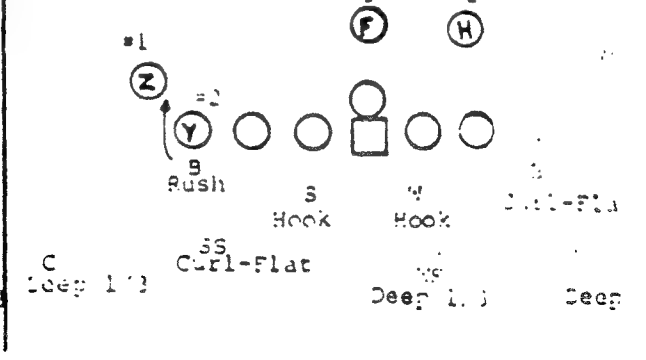
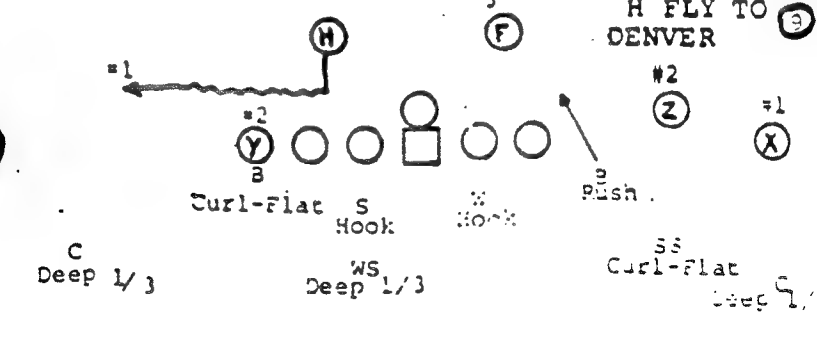
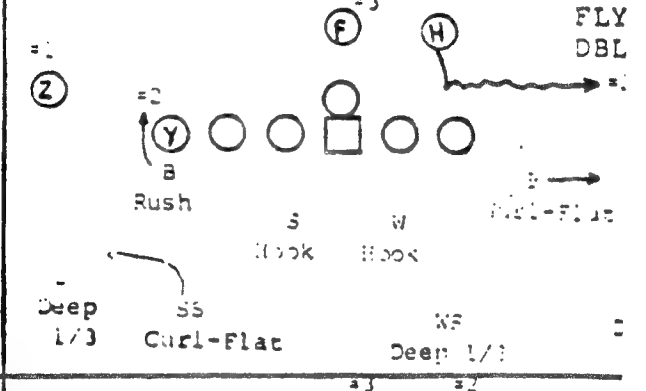
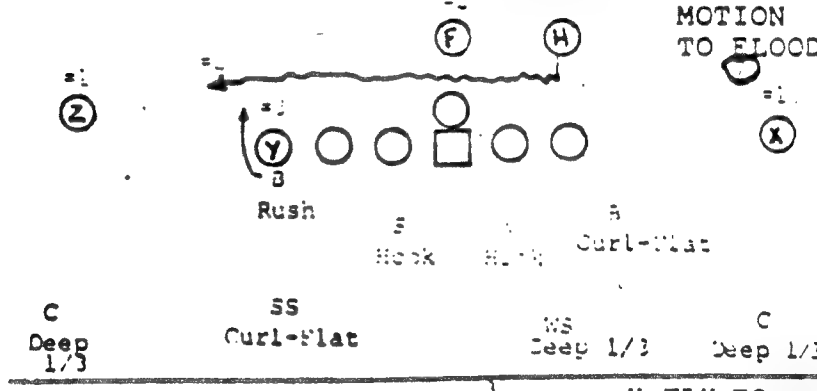
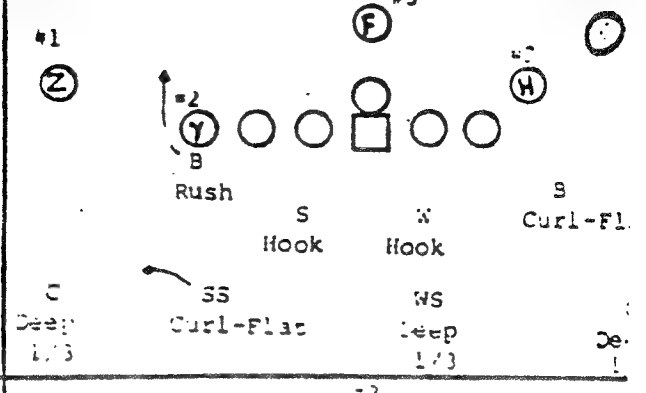
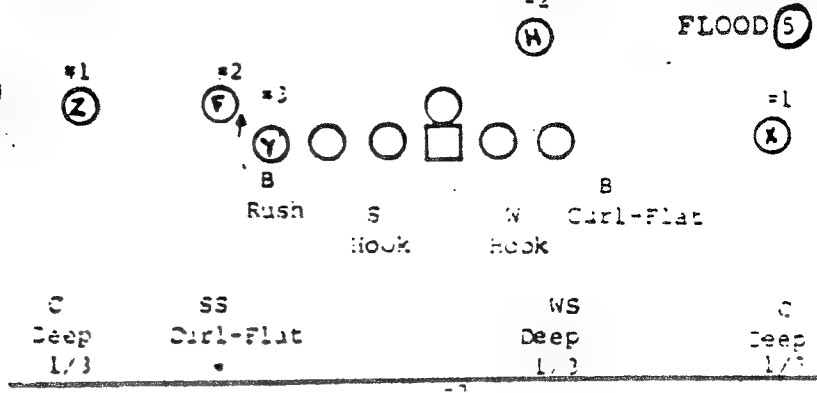
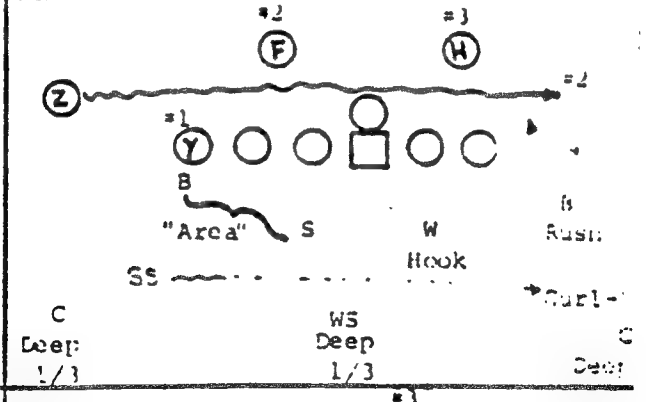
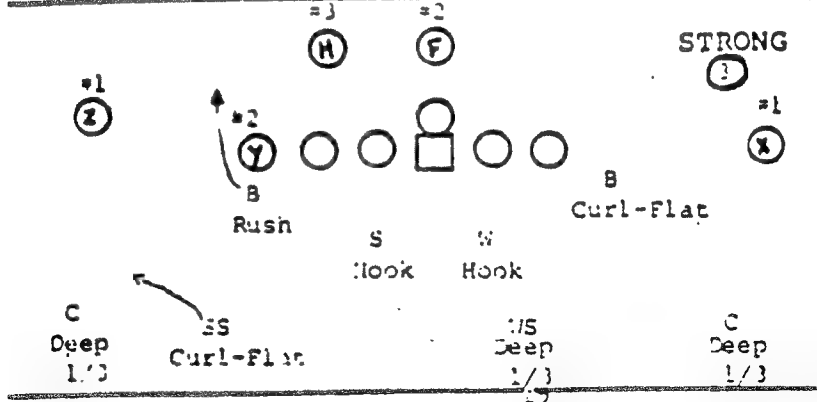
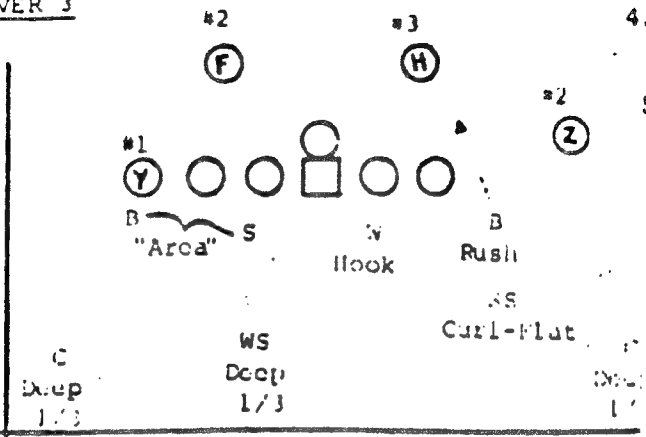
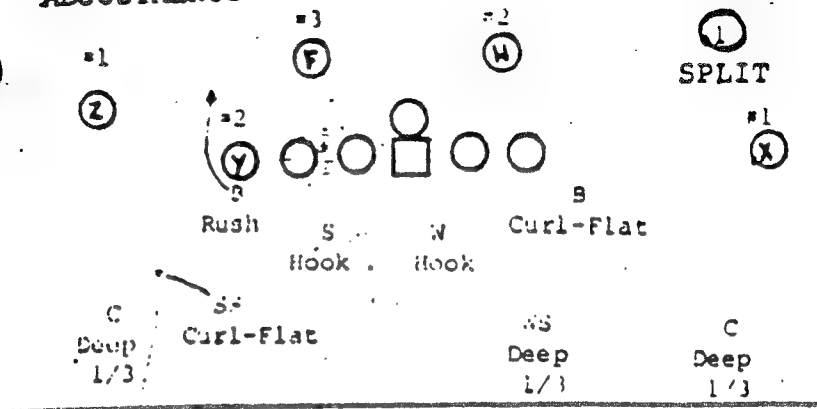
Zone - Underneath coverage drops to midpoint of their respective zone. No pattern read. Get depth (15 yds.), read QB, and react to ball.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY								
<u>STRONG BACKER</u>	Same as Stack Cover #3		1. Contain rusher. C.P.- S.3 Buzz Spots-9 Tech. - Curl to flat zone coverage. C.P.- 34-3 Spots- Open outside & drop to curl area. Get depth (15 yds.), read QB, and react to ball. Vs. Y Flex, Slot - Get a hit on (or reroute) #2.								
<u>SAM & WILL</u>			<table><tr><td><u>Strongside</u></td><td><u>Weakside</u></td></tr><tr><td>1. Drop to strong hook</td><td>1. Drop to weak hook</td></tr><tr><td>2. Get depth (15 yds.), read QB, and react to ball.</td><td>2. Get depth (15 yds.), read QB, and react to ball.</td></tr><tr><td></td><td>3. "Area" vs. #1 Tight</td></tr></table>	<u>Strongside</u>	<u>Weakside</u>	1. Drop to strong hook	1. Drop to weak hook	2. Get depth (15 yds.), read QB, and react to ball.	2. Get depth (15 yds.), read QB, and react to ball.		3. "Area" vs. #1 Tight
<u>Strongside</u>	<u>Weakside</u>										
1. Drop to strong hook	1. Drop to weak hook										
2. Get depth (15 yds.), read QB, and react to ball.	2. Get depth (15 yds.), read QB, and react to ball.										
	3. "Area" vs. #1 Tight										
<u>WEAK BACKER</u>			1. Drop to curl area. 2. Get depth (15 yds.), read QB, and react to ball. 3. Alert "Area" call vs. #1 tight.								
<u>STRONG CORNER</u>	Outside tech. on #1 7-10 yds. deep C.P.- Poss. Hash-Split Rule	Thru #2 to backs	1. Same as Stack 3 C.P. - 3C Spots- Jam #1 outside using settle tech. Get depth (15 yds.), read QB, and react to ball.								
<u>STRONG SAFETY</u>	Same as Stack Cover #3		1. Drop to curl area. Hold the curl. 2. Get depth (15 yds.), read QB, and react to ball. C.P.- S.3 Buzz Zone - Strong Hook (Zone Tech.) S.3C Spots - Same as Stack 3. (Deep 1/3)								
<u>WEAK SAFETY</u>			Same as Stack Cover #3								
<u>WEAK CORNER</u>		#2 and weak tackle	1. Same as Stack Cover #3								

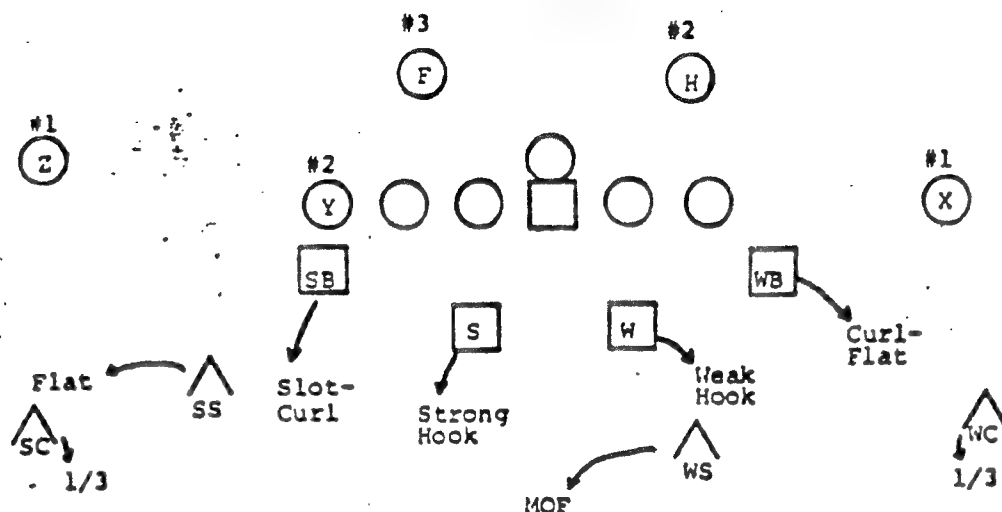
ADJUSTMENTS

STACK COVER 3

4.

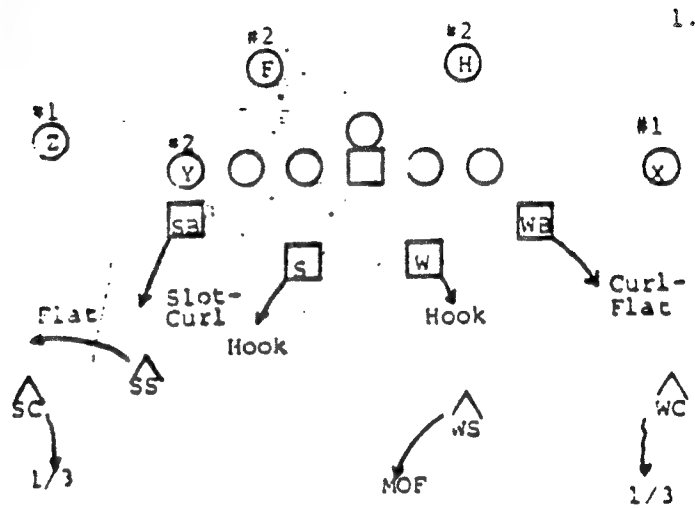


34 Cover #3

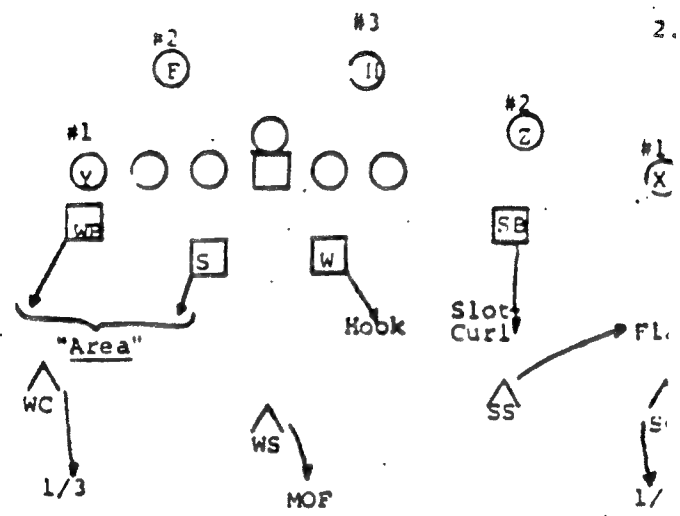


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	6 Alignment 7 Alignment Vs. Slot/Twin, Y Flex	Tight End, Tackle, Guard, & Near Back	1. Open outside and drop to curl area 2. Read #2 and #3 3. Hold curl area. React when ball is thrown 4. Be point man on screen CP: 34 3 Buzz - Play SS flat responsibility (Sloop)
<u>SAM</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	<u>Strongside</u> - Same as Stack Cover 3 <u>Weakside</u> - Same as Stack Cover 3
<u>WILL</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	<u>Weakside</u> - Same as Stack Cover 3 <u>Strongside</u> - Same as Stack Cover 3
<u>WEAK BACKER</u>	on L.O.S. 5 ft. from D. End CP: #1 Tight - 6 Tech.	Near Back, Tackle, QB	Same as Stack Cover 3
<u>STRONG CORNER</u>	Hash-Split Rule 7-10 yds. deep	Thru #2 to backs	Same as Stack Cover 3 CP: 34 3C - Jam #1 outside using settle technique. Play flat area. Attack screen outside-in.
<u>STRONG SAFETY</u>	4 yds. outside normal Y Inside shoulder Vs. Slot/Twin	Thru #2 to backs	1. Open outside and drop to flat. Cover flat area. 2. You are responsible for outside routes by #1. 3. Be aware of strongside combination routes. 4. Be force on screen.
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle CP: on ball vs. Slot/Twin	Weak Guard & backs	CP: 34 3 Buzz - Cover Slot to Curl area CP: 34 3C - Play Strong Corner's Deep 1/3 Responsibility Same as Stack Cover 3
<u>WEAK CORNER</u>	Hash-Split Rule 7-10 yds. deep #1 Tite - 4 x 4 Alignment	#2 and Weak Tackle	Same as Stack Cover 3

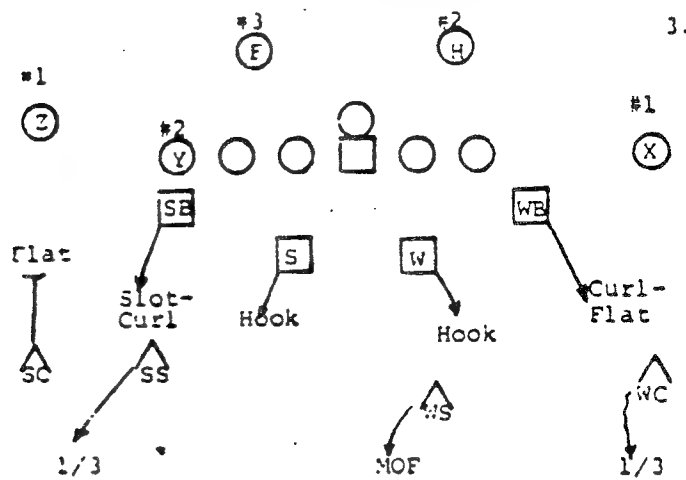
34-3 Vs. Pro Formation



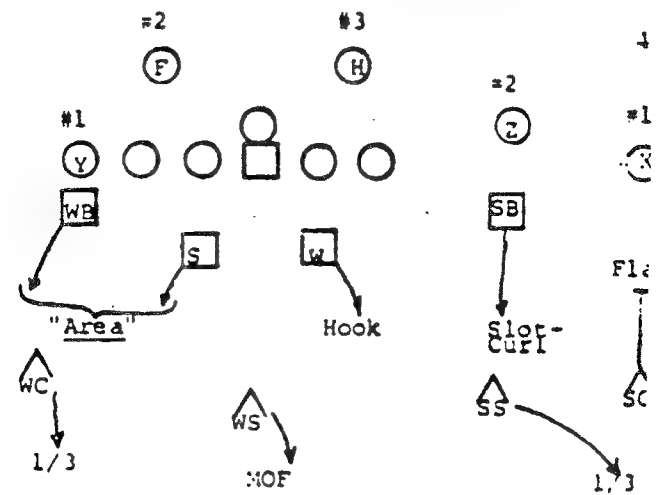
34-3 Vs. Slot Formation



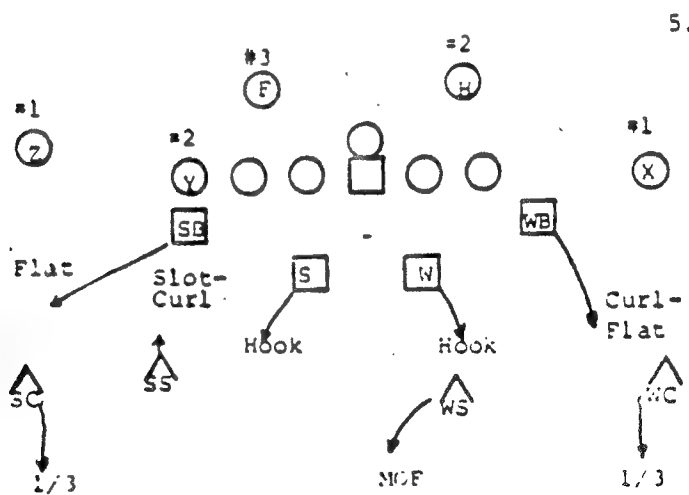
34-3C Vs. Pro Formation



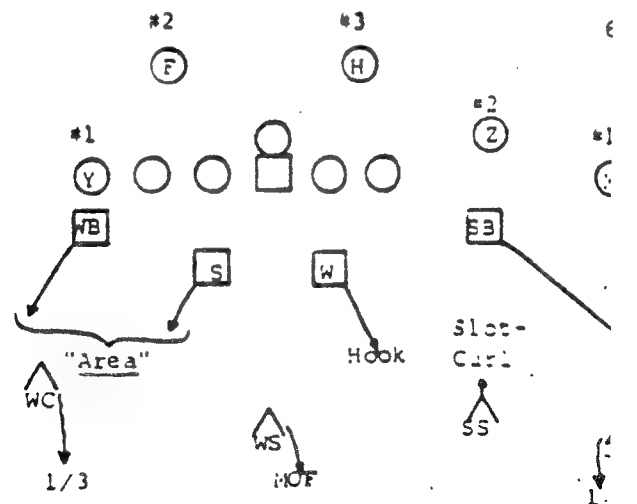
34-3C Vs. Slot Formation



34-1 Buzz Vs. Pro Formation

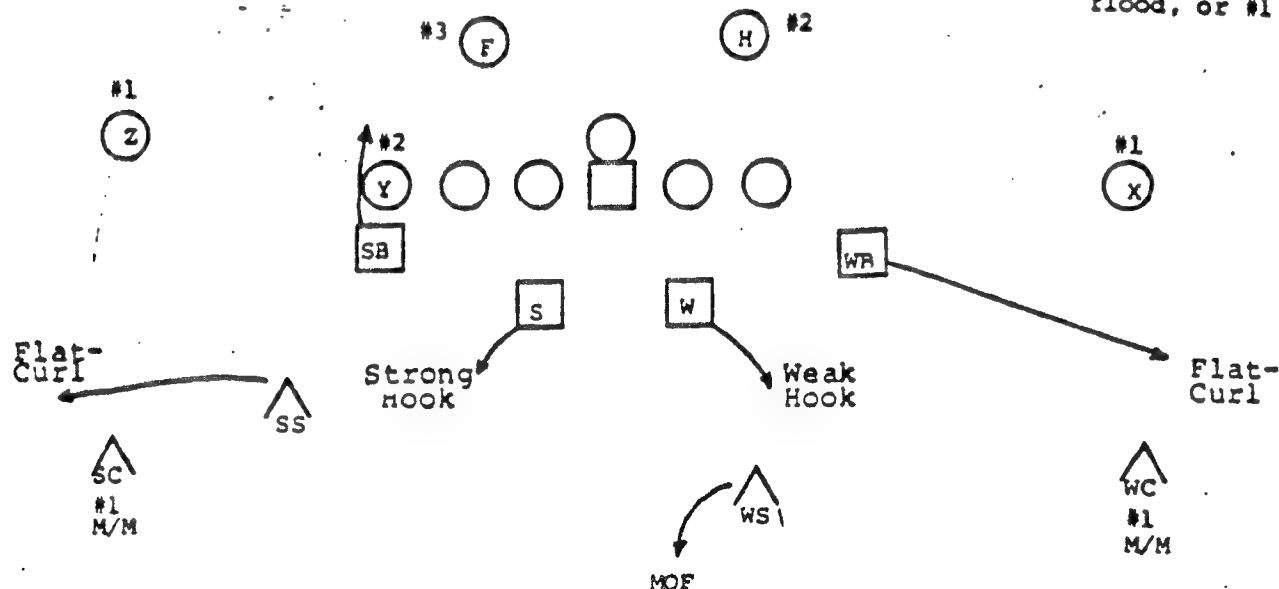


34-3 Buzz Vs. Slot Formation

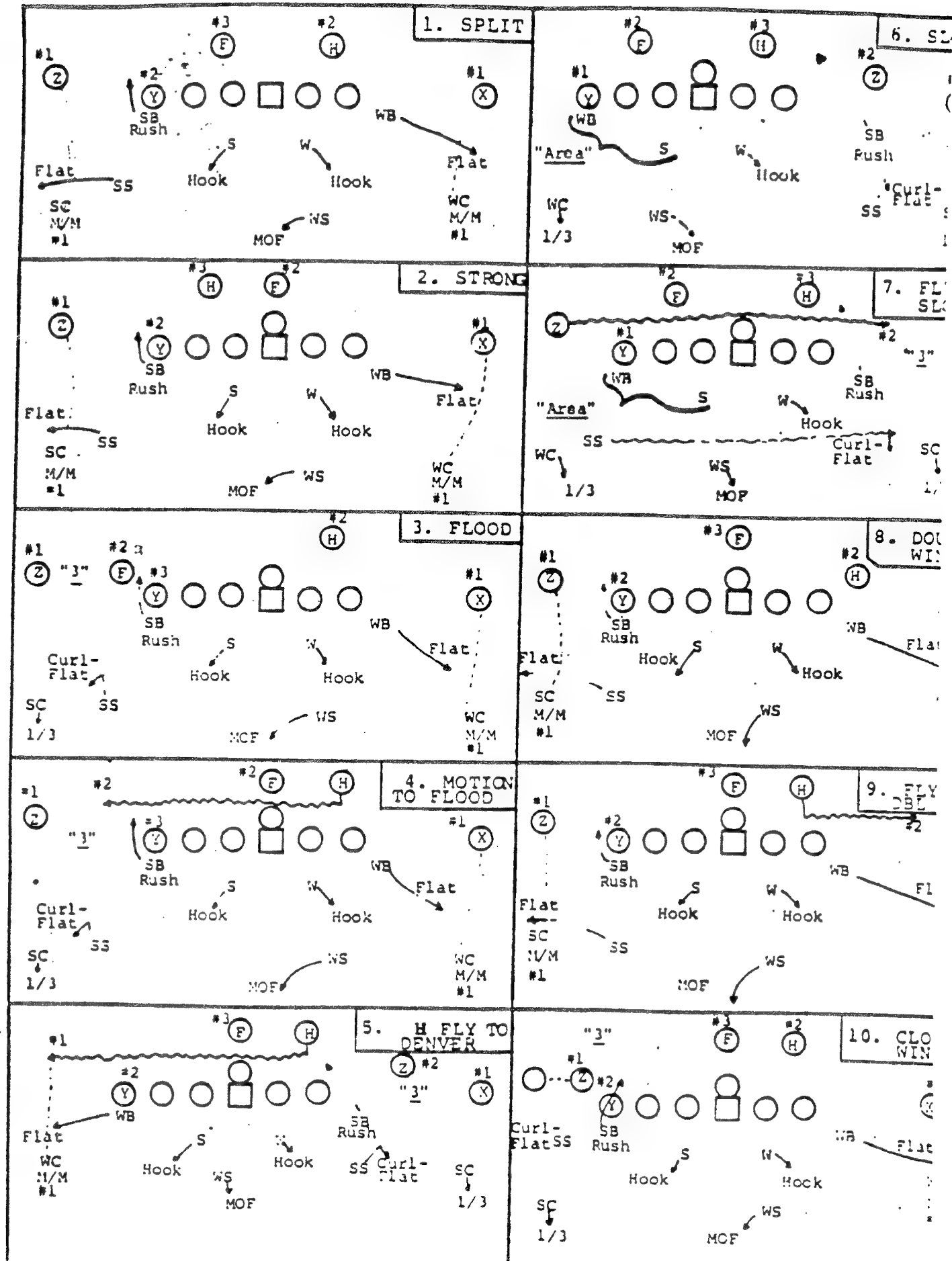


STACK COVER #3 SLOOP

Stack Cover #3 Sloop - A combination man/man and zone coverage with 3 linebackers in coverage. SS & WB sloop to out cuts and SC & WC play #1 man/man. WS & ILB's play normal 3. C.P. - No strongside sloop vs. slot, flood, or #1 close.

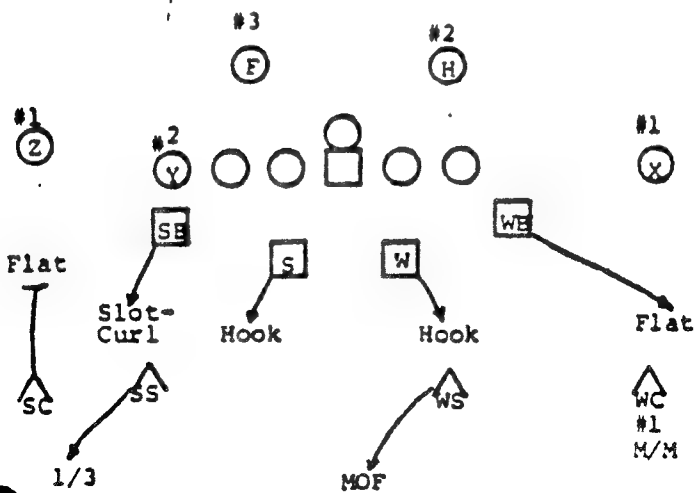
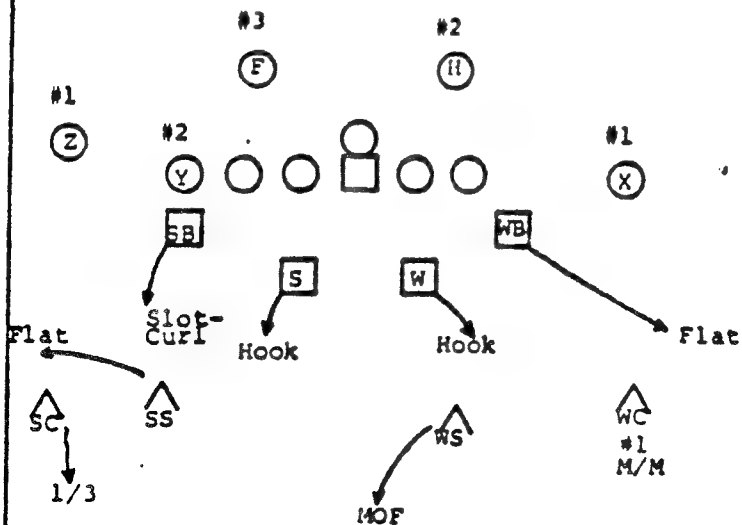


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	SAME AS	STACK COVER	3 →
<u>SAN</u>	SAME AS	STACK COVER	3 → C.P. - Expand when possible
<u>WILL</u>	SAME AS	STACK COVER	3 →
<u>WEAK BACKER</u>	SAME AS STACK COVER 3		1. Drop to Flat (Cover out cut by #1) 2. Normal weakside Cover 3 reads 3. If #1 or #2 does not come outside, squeeze 4. Vs. #1 tight, "Area" call
<u>STRONG CORNER</u>	SAME AS STACK COVER 3		1. Read #2 quickly 2. Cover #1 man/man using inside technique 3. Post help 4. Vs. #1 Close, Slot, Flood - play normal 3
<u>STRONG SAFETY</u>	SAME AS STACK COVER #		1. Drop to Flat (Cover out cut by #1) 2. Normal strongside Cover #3 reads 3. If #1, #2, or #3 does not come outside, squeeze 4. Vs. #1 Close, Slot, Flood - play normal 3
<u>WEAK SAFETY</u>	SAME AS	STACK COVER	3 →
<u>WEAK CORNER</u>	SAME AS STACK COVER 3		1. Read #2 quickly 2. Cover #1 man/man using inside technique 3. Post help 4. Vs. #1 tight - play normal 3

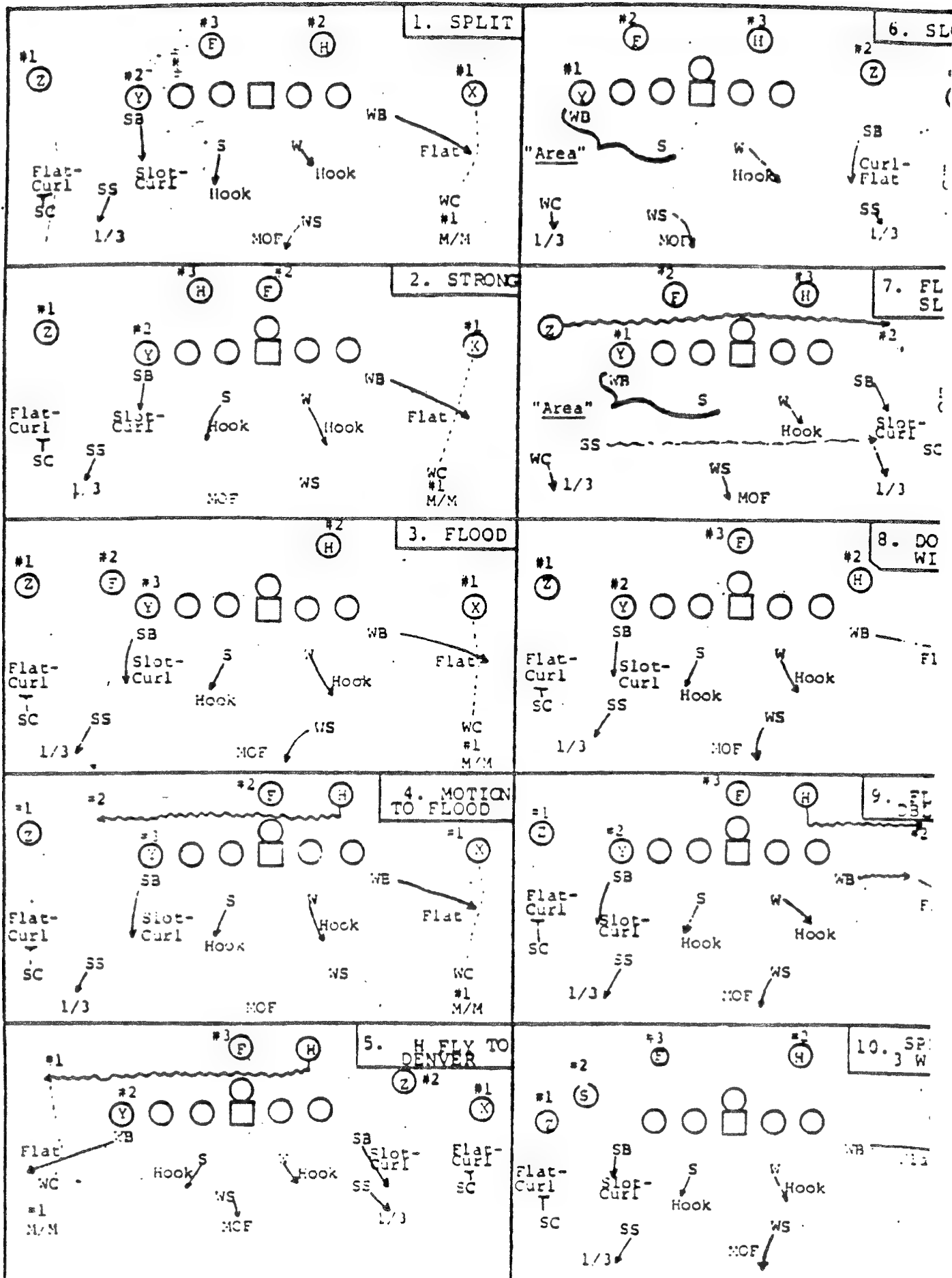


34 COVER #3 or #3C SLOOP

34 Cover #3 or #3C Sloop - A combination man/man and zone defense with 4 linebackers in coverage. WC plays #1 wide man/man and WB sloops to flat. Everyone else plays 34 Cover 3 or 3C.

34 Cover #3 Sloop Vs. Pro34 Cover #3C Sloop vs. Pro

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER,</u> <u>SAM & WILL</u>	Same as	34 Cover #3 / 3C	→
<u>WEAK BACKER</u>	Same as	Stack Cover #3 Sloop	→
<u>STRONG CORNER</u> <u>STRONG SAFETY</u> <u>WEAK SAFETY</u>	Same as	34 Cover #3 / 3C	→
<u>WEAK CORNER</u>	Same as	Stack Cover #3 Sloop	→



COVER #3 SPOTS - Strong Out, Weak Out, Double Out

- Out Calls - Calls made in Cover #3 Spots when we want to harass and hit wide receivers.
- "Out" defender lines up outside wide receiver and funnels him inside (vs. outside release, get depth & cover fade). Get depth after release and squeeze receiver from outside/in. No pattern read. Make offense throw short & inside. Don't jump backs short until ball is in the air - then make sure tackle & keep ball in bounds.
- Strong Out - Strong Safety lines up on #1 receiver.
C.P. - Vs. Slot - Strong Safety lines up on receiver off LOS (#2).
 Strong Backer lines up on receiver on LOS.
 Play 34-3 Buzz or Stack 3 Buzz.
- Weak Out - Weak Backer lines up on #1 receiver.
- Double Out - Play Strong Out & Weak Out.

CALLS

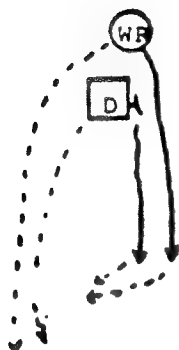
Stack 3 Spots Strong Out

34 3 Spots Strong Out

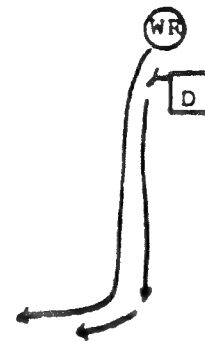
Stack 3 Spots Weak Out

34 3 Spots Weak Out

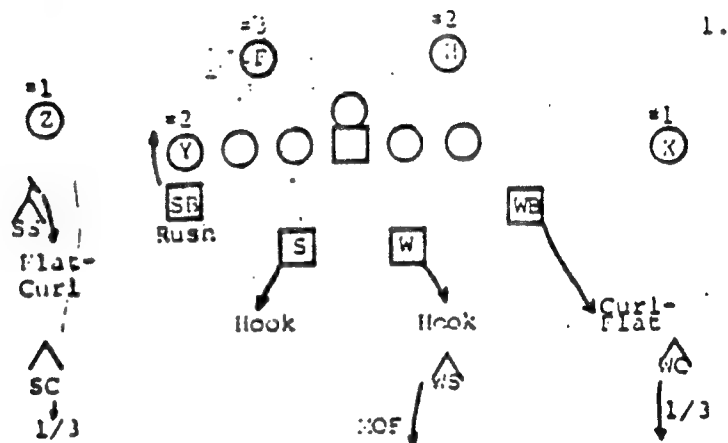
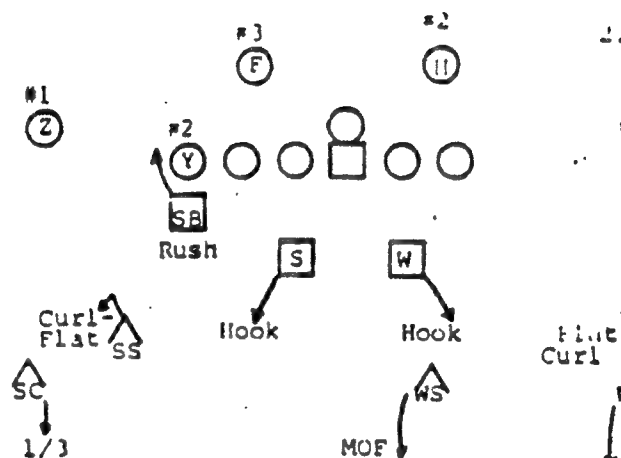
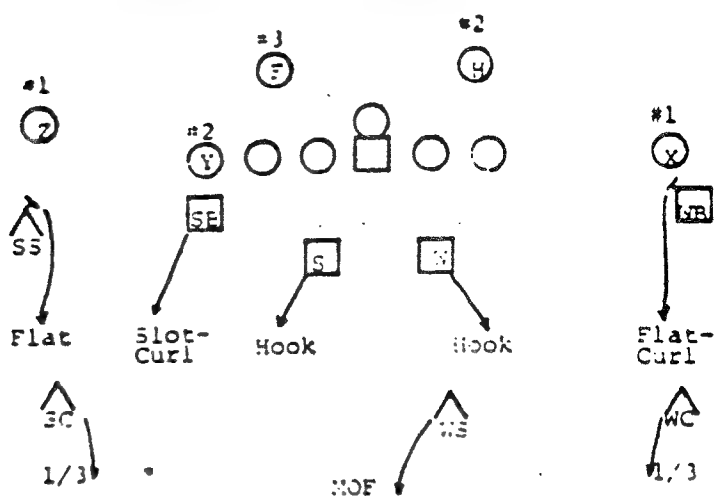
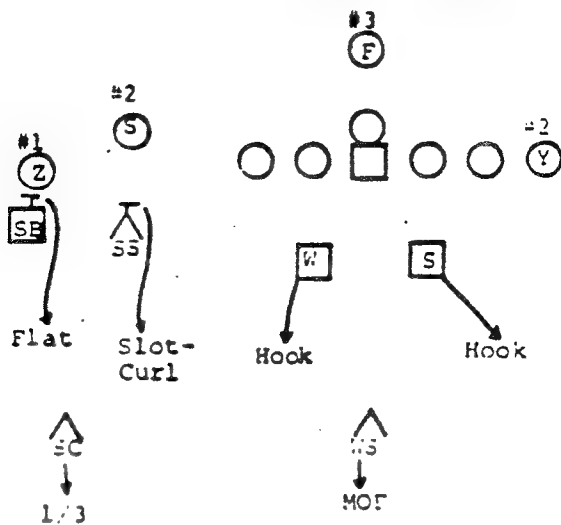
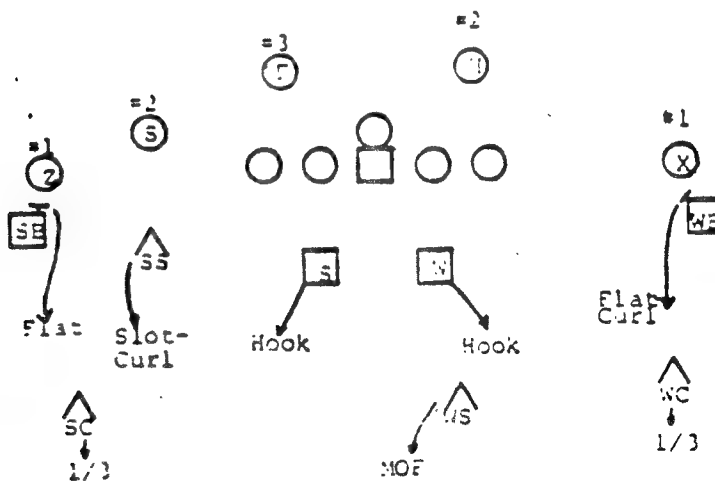
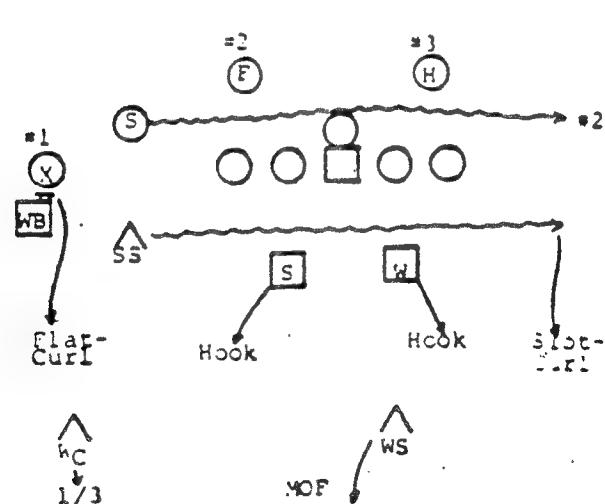
34 3 Spots Double Out

OUT TECHNIQUE

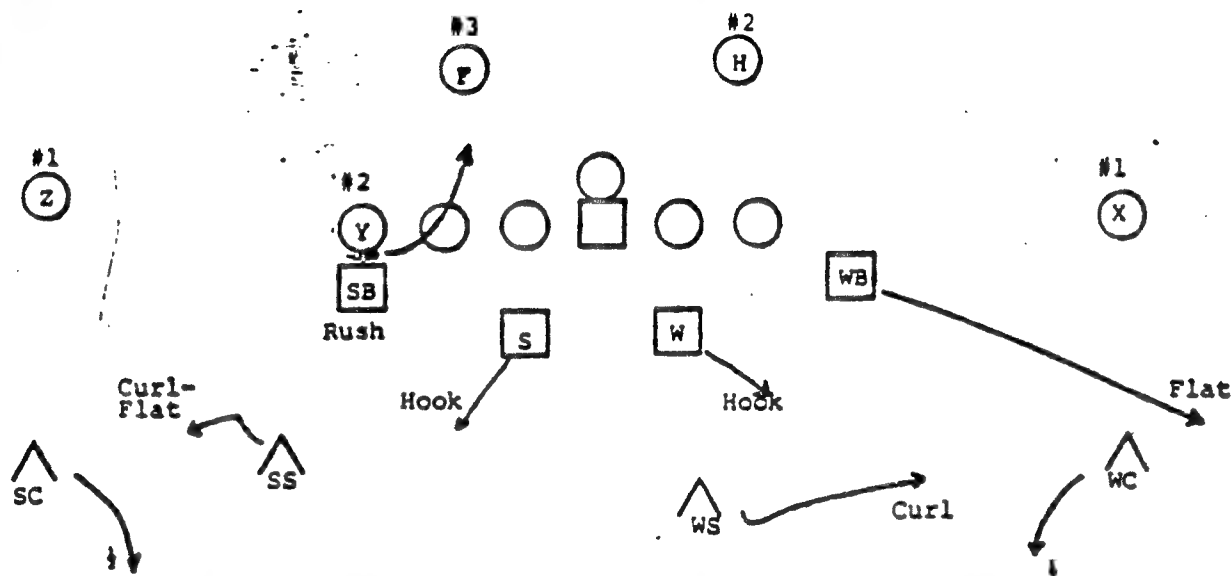
Funnel #1 inside.
 Get depth & take away 2 pattern or short flag. Vs. outside release, get depth and cover fade, looking back inside.



Funnel #1 inside.
 Get depth and squeeze inside routes. Take away deep patterns. No pattern read. Don't jump backs short until ball is in the air.

STACK COVER #3 SPOTS - STRONG OUTSTACK COVER #3 SPOTS - WEAK OUT34 COVER #3 SPOTS - DOUBLE OUT34 COVER #3 SPOTS - DOUBLE OUT34 COVER #3 SPOTS - DOUBLE OUT34 COVER #3 SPOTS - DOUBLE OUT

STACK COVER #3 ROBBER (34-3 Robber)
(34-3C Robber)

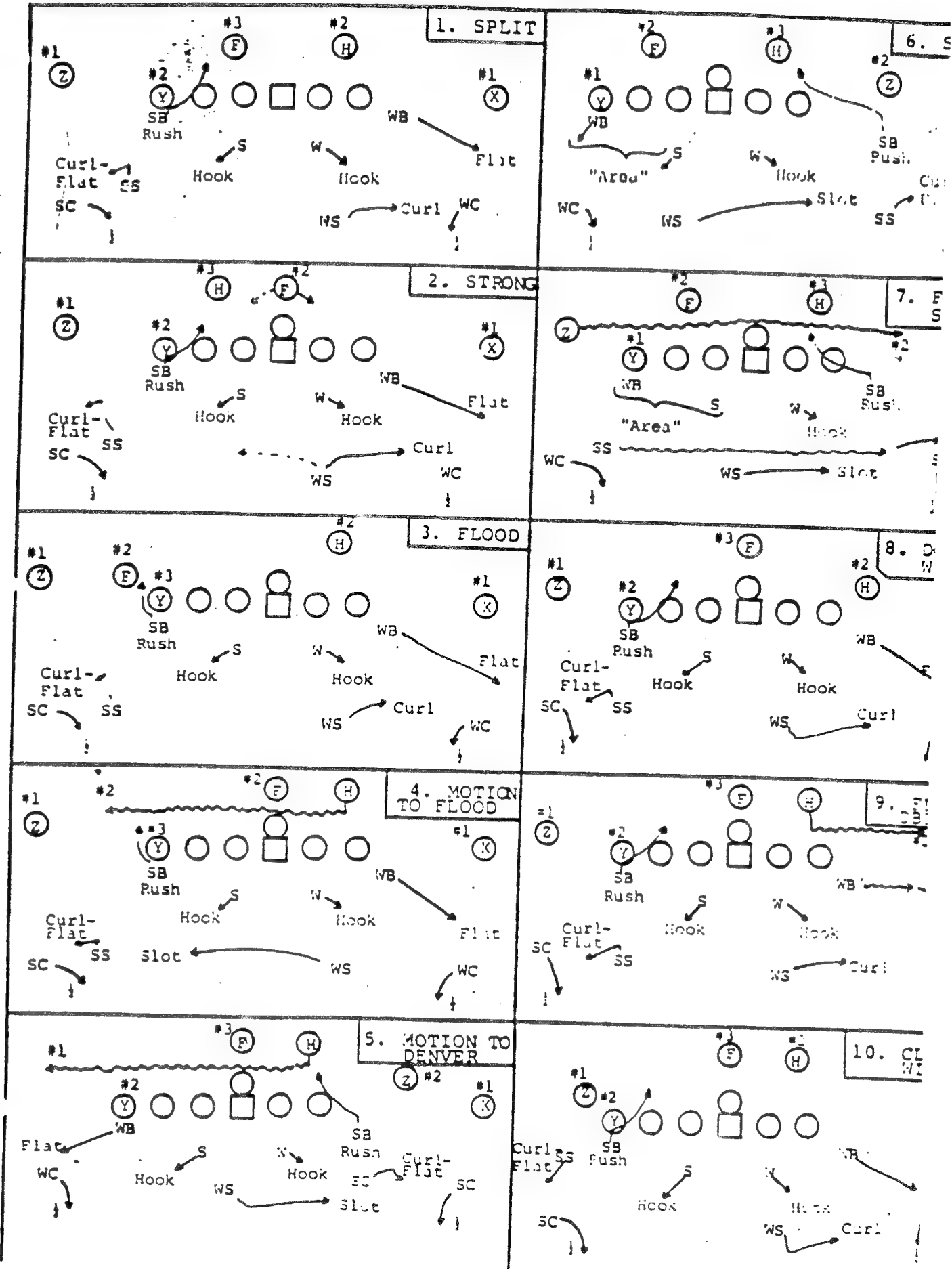


Stack Cover #3 Robber - A 5 Under, 2 Deep Zone coverage with the free safety covering the curl and 3 linebackers in coverage. Linebacker flow rule.

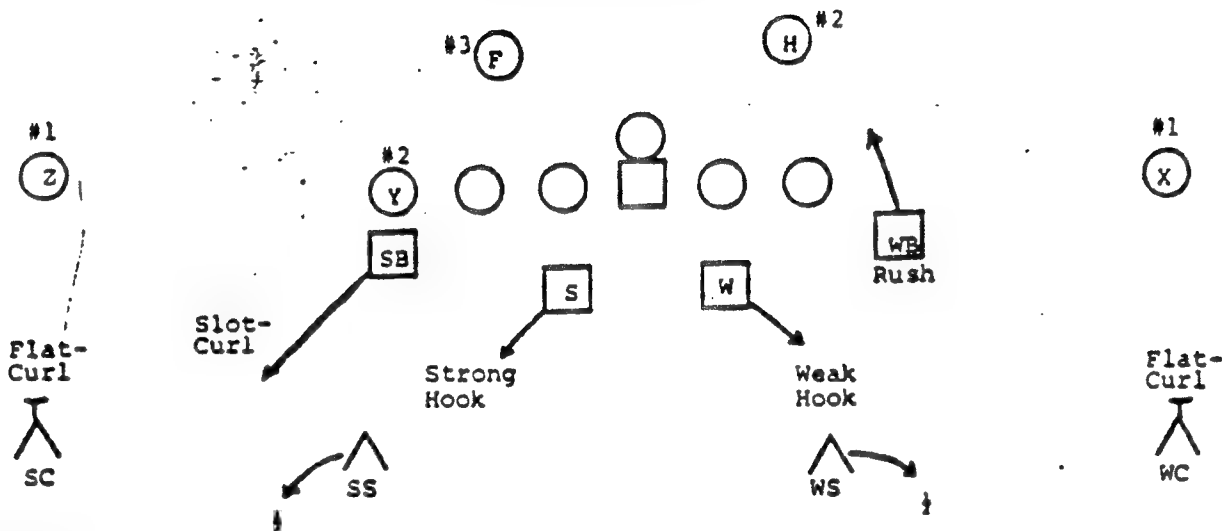
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	SAME AS STACK #3		1. Same as Stack #3 CP: Vs. TE, give end blue call & rush off DE get a good jam on TE
<u>SAM</u>			1. Same as Stack #3
<u>WILL</u>			1. Same as Stack #3 CP: Jump short inside routes (including stop) by #2
<u>WEAK BACKER</u>			1. Same as Stack #3 Sloop
<u>STRONG CORNER</u>			1. Play 1/2 field strongside CP: Alert #2 seam, #1 deep
<u>STRONG SAFETY</u>		↓	1. Same as Stack Cover #3 CP: Vs. Flood (normal), Slot - extend curl coverage
<u>WEAK SAFETY</u>		Weak Guard & Weakside #2 CP: Slot, Flood key Strongside #2	1. Read weakside #2 - cover weakside curl 2. Vs. 68 action, flow - alert #2 strong on seam, boot (cross) 3. Vs. Flood (normal), Slot, play strongside slot CP: try to make this coverage look like #3
<u>WEAK CORNER</u>	↓	Same as Stack #3	1. Play 1/2 field weakside 2. Cover #1/#2 deep

ADJUSTMENTS

STACK COVER #2 ROBBER



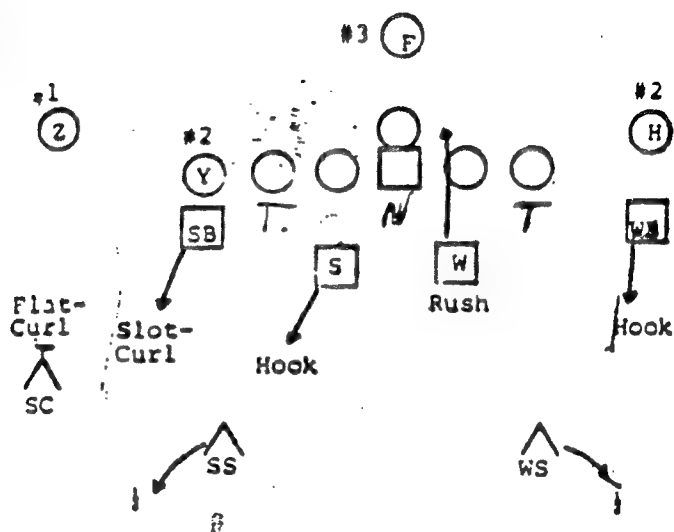
STACK COVER #2



Stack Cover #2 - A double rotated zone with 2 deep and 5 under, employing a tight coverage on receivers in each zone based on a read of route progression with 3 linebackers in coverage. LB flow rule.

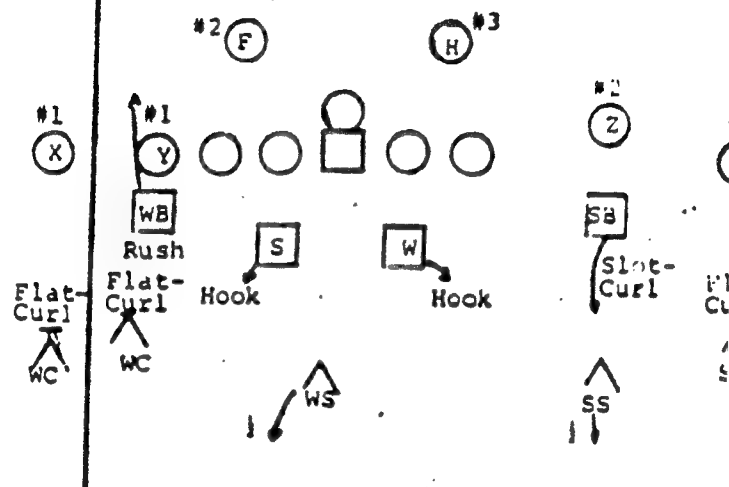
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG</u> <u>WILKINSON</u>	6 Technique 7 Technique vs. Flex, Slot	TE, Tackle, Guard, & Near Back	<ol style="list-style-type: none"> 1. Get a hit on (or reroute) #2 vs. slot, flex, twin - reroute #2 outside 2. Open outside and drop to curl area 3. Read strongside pattern of #2 4. Hold the curl - don't jump short outside routes 5. Get out of No Cover Zone - react to throw
<u>SAM</u> <u>WILL</u>	Head up on Guard 3 1/2-4 yds. deep	Near Back, Guard, QB	<p><u>Strongside</u></p> <ol style="list-style-type: none"> 1. Open to strong hook 2. Read patterns of #2 & #3 - Carry #2/#3 to middle 3. Get out of No Cover Zone - react to throw 4. Reroute #3 on close <p>CP - vs. 78 Action, work to weak hook CP - 43 Cover #2 - Mike assumes Sam's strongside coverage</p> <p><u>Weakside</u> vs. #1 wide</p> <ol style="list-style-type: none"> 1. Open to weak hook area 2. Read #2 pattern <p>CP - vs. #2 block, find #1 CP - poss. "change" call (movement rule)</p> <p>vs. #1 Tight 1. Play same as "area" call with corner</p>
<u>WEAK</u> <u>WILKINSON</u>	on LOS 5 feet from D. End CP - 6 Align- ment vs. normal TE	Near Back, Tackle, QB	<ol style="list-style-type: none"> 1. Contain rusher 2. poss. "change" call (movement rule) <p>play Sam/Will's weakside coverage responsibility CP - 43 Cover #2 - WB assumes Will's weakside coverage responsibility</p>

STACK COVER #2 "Change"



Movement rule - if WB has to move outside to be head up on #2, "change" is automatic. Will rushes.

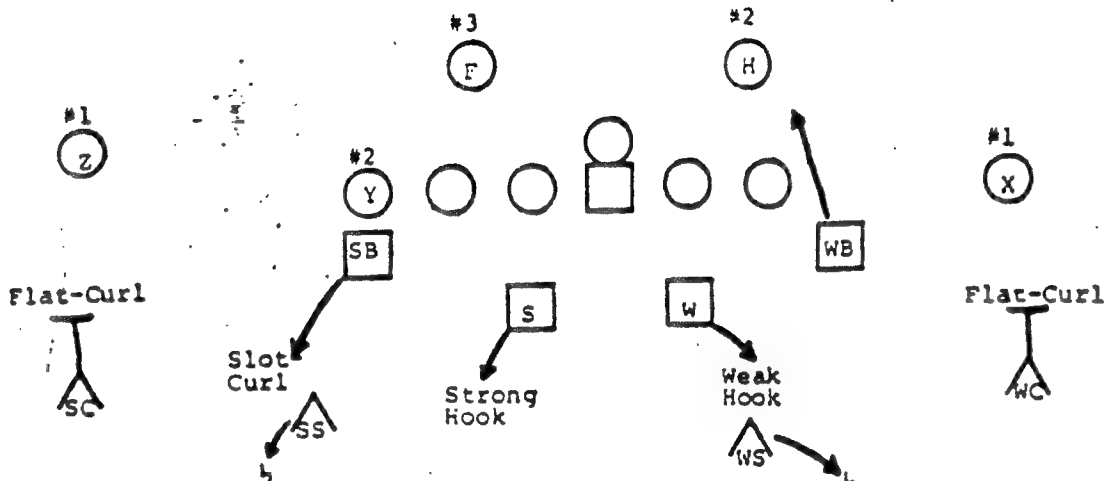
STACK COVER #2 Vs. Slot



Movement rule - still applies for WB & S on Slot/Twin formations.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG CORNER</u>	Outside shade on #1 5-7 yds. deep	Thru #2 to backs "Club"-#1	<ol style="list-style-type: none"> 1. Funnel #1 inside using settle tech (at 3-4 yds.) 2. Cover flat-curl area 3. If #1 releases outside, carry him thru fade area You are responsible for the fade 4. Be aware of strongside combination routes CP - "Club" call - reroute on #1 inside first, then react to run/pass key
<u>STRONG SAFETY</u>	4 yds. outside normal Y 7-10 yds. deep Inside shoulder vs. Slot/Twin	Backs, #1 & QB	<ol style="list-style-type: none"> 1. Drop as aiming point 3 yds. inside numbers, 17 yds. deep 2. See flow, read #1's release, and take a hard read QB
<u>WEAK SAFETY</u>	10-12 yds. deep on inside leg of weak tackle	Uncovered lineman to backs	
<u>WEAK CORNER</u>	outside shade on #1 5-7 yds. deep	Thru tackle (or #2) to backs "Club"-#1	<ol style="list-style-type: none"> 1. Funnel #1 inside using settle tech. (at 3-4 yds.) 2. Cover flat-curl area 3. If #1 releases outside, carry him thru fade area You are responsible for the fade 4. Be aware of weakside combination routes CP - "Club" call - reroute or jam #1 inside first, then react to run/pass key

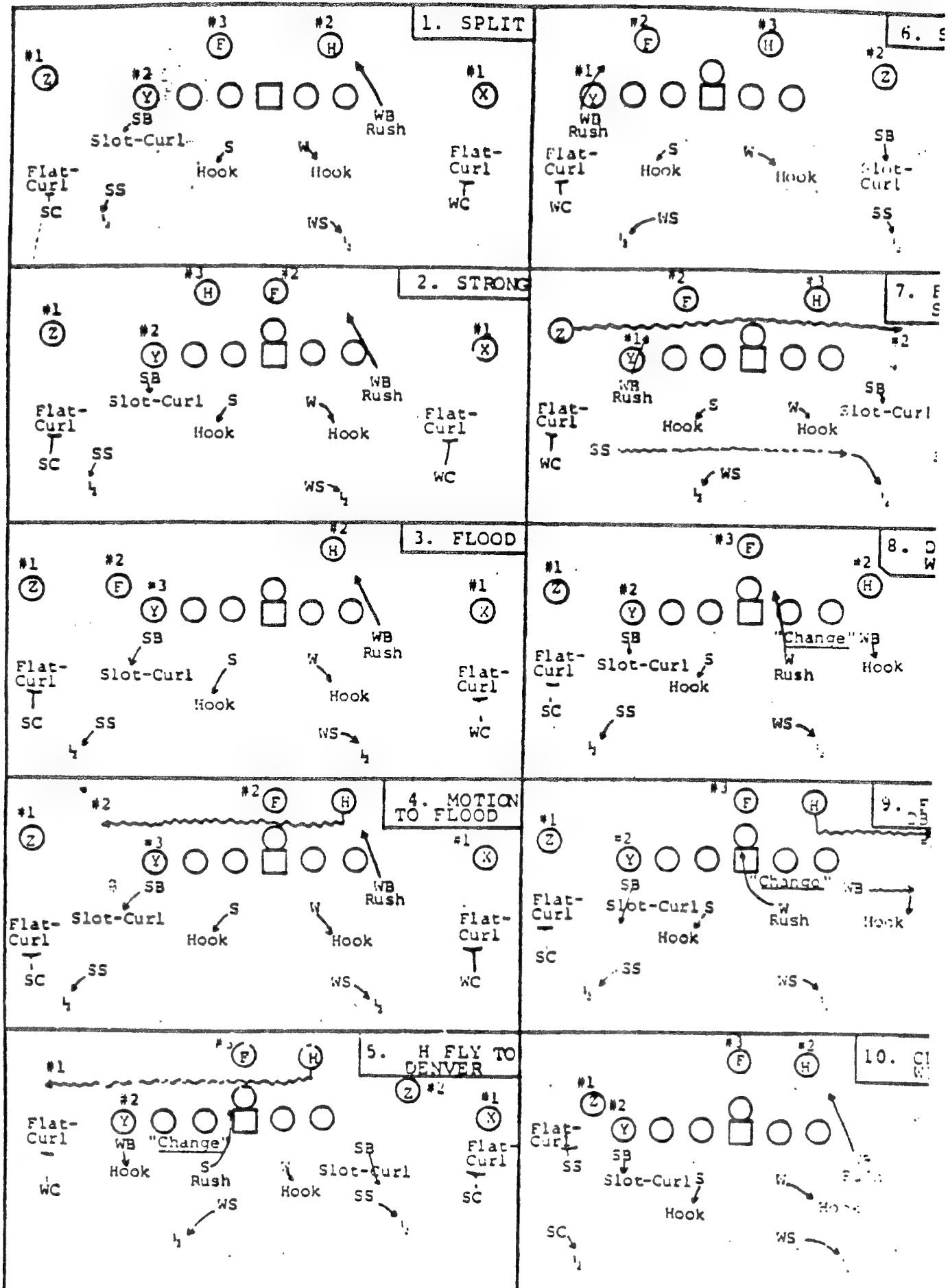
STACK COVER #2 SPOTS



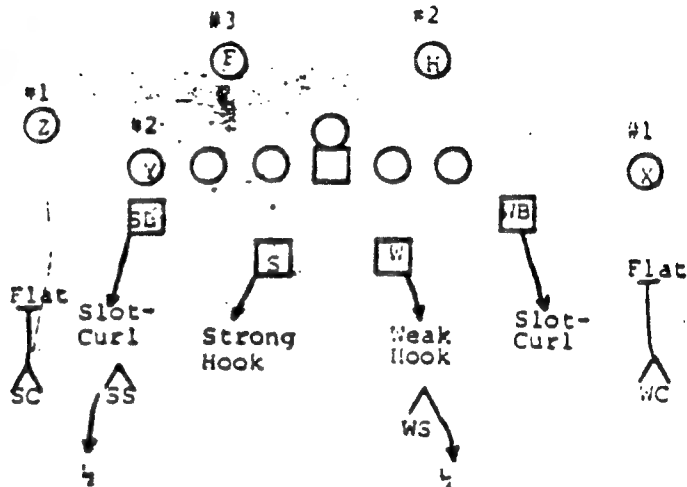
Stack Cover 2 Spots - A double rotated zone with 5 under and 2 deep. The 5 under defenders get depth, read QB, and react to ball. No pattern read.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY		
<u>STRONG BACKER</u>	<u>SAME AS STACK COVER #2</u>	<u>SAME AS STACK COVER #2</u>	1. Get a hit on (or reroute) #2. 2. Open outside and drop to curl area. 3. Get depth (15 yds.), read QB, and react to ball.		
<u>SAN</u>			<table><tr><td><u>Strongside</u> 1. Drop to strong hook. 2. Get depth (15 yds.), read QB, and react to ball.</td><td><u>Weakside</u> 1. Drop to weak hook. 2. Get depth (15 yds.), read QB, and react to ball. C.P.- Poss. "Change" call Vs. Double Wing.</td></tr></table>	<u>Strongside</u> 1. Drop to strong hook. 2. Get depth (15 yds.), read QB, and react to ball.	<u>Weakside</u> 1. Drop to weak hook. 2. Get depth (15 yds.), read QB, and react to ball. C.P.- Poss. "Change" call Vs. Double Wing.
<u>Strongside</u> 1. Drop to strong hook. 2. Get depth (15 yds.), read QB, and react to ball.	<u>Weakside</u> 1. Drop to weak hook. 2. Get depth (15 yds.), read QB, and react to ball. C.P.- Poss. "Change" call Vs. Double Wing.				
<u>WILL</u>			<table><tr><td><u>Weakside</u> 1. Drop to weak hook. 2. Get depth (15 yds.), read QB, and react to ball. C.P.-Poss. "Change" call Vs. Double Wing.</td><td><u>Strongside</u> 1. Drop to strong hook. 2. Get depth (15 yds.), read QB, and react to ball.</td></tr></table>	<u>Weakside</u> 1. Drop to weak hook. 2. Get depth (15 yds.), read QB, and react to ball. C.P.-Poss. "Change" call Vs. Double Wing.	<u>Strongside</u> 1. Drop to strong hook. 2. Get depth (15 yds.), read QB, and react to ball.
<u>Weakside</u> 1. Drop to weak hook. 2. Get depth (15 yds.), read QB, and react to ball. C.P.-Poss. "Change" call Vs. Double Wing.	<u>Strongside</u> 1. Drop to strong hook. 2. Get depth (15 yds.), read QB, and react to ball.				
<u>WEAK BACKER</u>		↓	1. Contain Push. 2. Poss. "Change" call Vs. Double Wing - Play Will's weakside coverage responsibility.		
<u>STRONG CORNER</u>		<u>SAME AS STACK COVER #2</u> <u>"CLUB"</u>	1. Reroute or Collision #1 inside first, then react to run/pass key. 2. If #1 releases outside, carry him thru fade area. You are responsible for the fade. 3. If #1 releases inside, get depth (15 yds.), read QB, and react to ball. C.P. - Possible "Soft" technique.		
<u>STRONG SAFETY</u>		<u>SAME AS STACK COVER #2</u>	1. Drop as aiming point 3 yds. inside numbers - 17 yds. deep. 2. See flow, read #1's release, and take hard read on the QB		
<u>WEAK SAFETY</u>		↓			
<u>WEAK CORNER</u>		<u>SAME AS STACK COVER #2</u> <u>"CLUB"</u>	1. Reroute or Collision #1 inside first, then react to run/pass key. 2. If #1 releases outside, carry him thru fade area. You are responsible for the fade. 3. If #1 releases inside, get depth (15 yds.), read QB, and react to ball. C.P.- possible "Soft" technique.		

ADJUSTMENTS - Stack Cover #2 ("Club", "Spots")

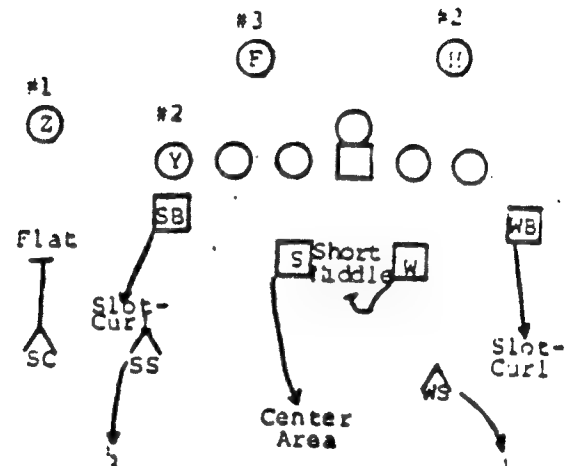


34 Cover 2 Spots



34 Cover 2 Spots - A double rotated zone with 2 deep and 6 under. The 6 underneath defenders will get depth, read QB, and react to ball.

34 Cover 2 Spots "Diamond"



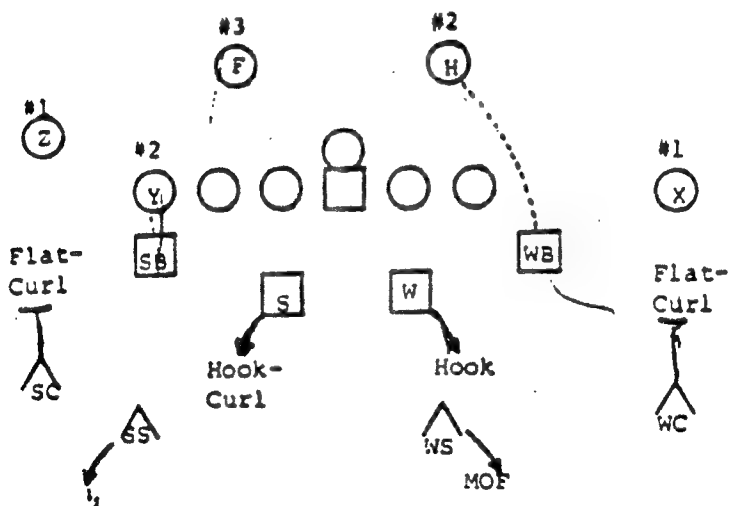
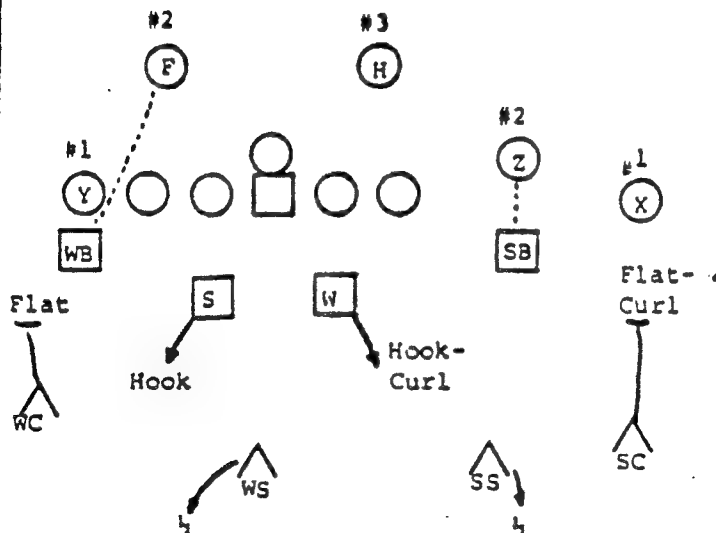
34 Cover 2 Spots Diamond - A double rotated zone with 2 deep and 6 under. Inside linebackers will stack in middle zone. Remaining underneath defenders will get depth read QB, and react to ball.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	SAME STACK COVER	AS #2 SPOTS	Same as Stack Cover #2 Spots
<u>SAM & WILL</u>			<p>Same as Stack Cover #2 Spots</p> <p>C.P. - "Diamond"</p> <p><u>Strongside</u> - Drive to Center area (18 yds. deep). Take #2 thru post. No #3, help on cuts by #1 strong/weak.</p> <p><u>Weakside</u> - Drop to short middle area (10 yds. deep). Help on checks, delays, short crosses.</p>
<u>WEAK BACKER</u>			<p>1. Drop to weak slot/curl.</p> <p>2. Get depth (15 yds.), read QB, and react to ball.</p>
<u>DEFENSIVE BACKS</u>			Same as Stack Cover #2 Spots

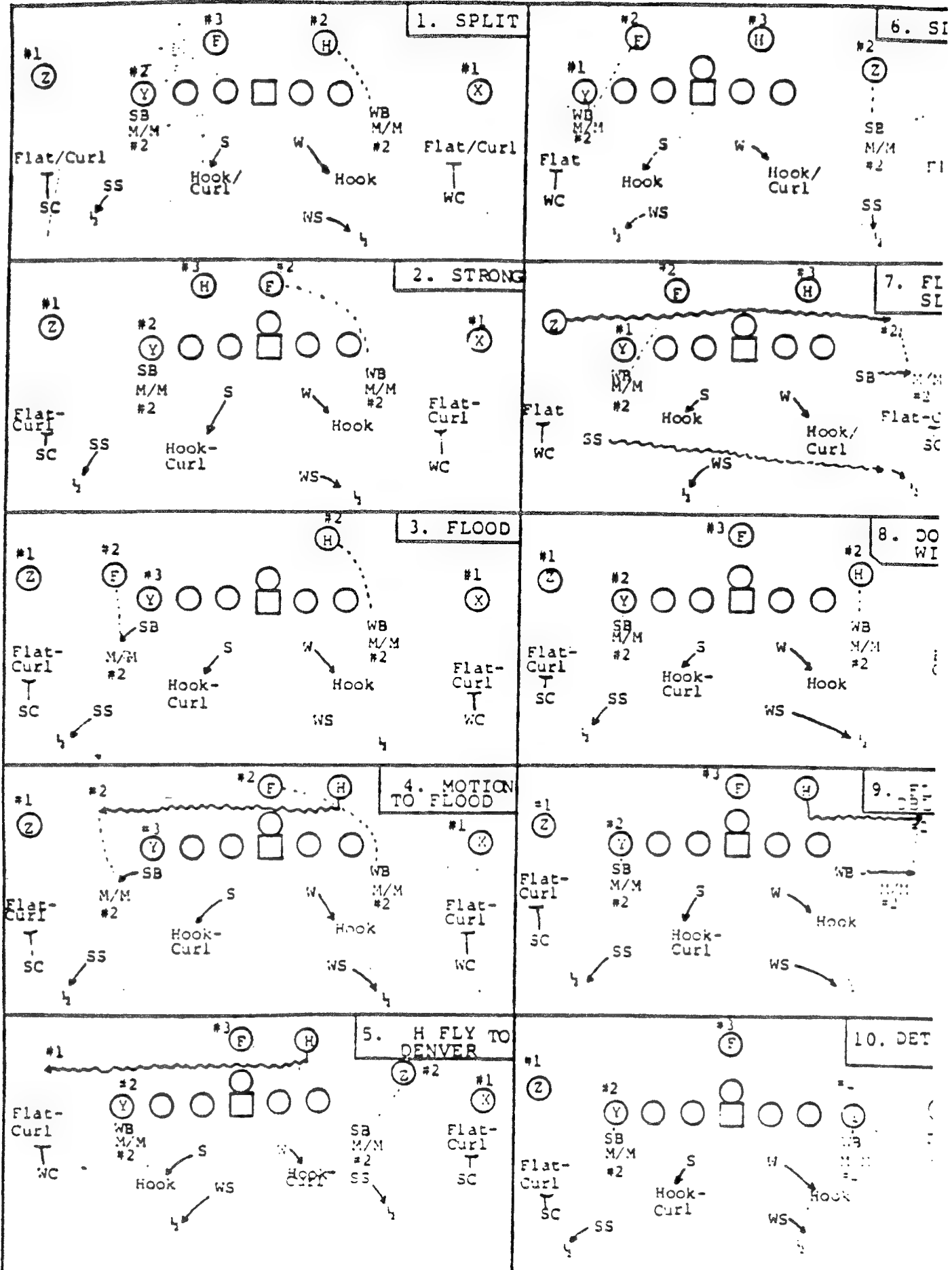
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34 COVER #2 BACKERS

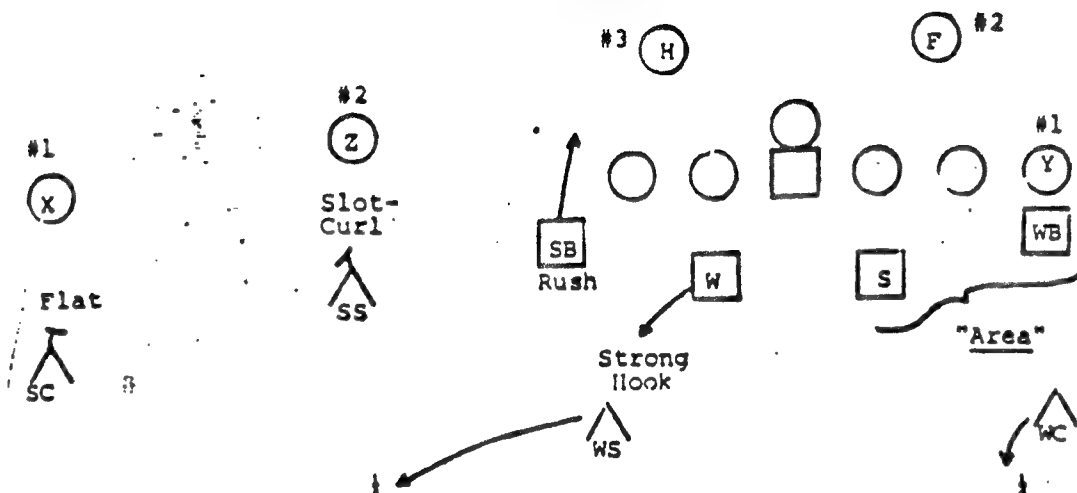
34 Cover #2 Backers - A combination man/man and double rotated zone coverage with all 4 linebackers in coverage. The 2 outside linebackers play man/man on #2 receiver. LB Flow rule for zone defenders.

34 Cover #2 Backers Vs. Pro34 Cover #2 Backers Vs. Slot

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	Same as Stack Cover #2	#2, Tackle	1. Man/Man on #2 using trail technique. C.P. - Vs. Slot/Twin - get a hit on (or reroute) #2. 2. Zone help all over the field. 3. Play short routes tough.
<u>SAM & WILL</u>		Near Back, Guard, QB	<u>Strongside</u> 1. Open to strong hook. 2. Read pattern of #3. C.P. - Alert Slot/Curl area. C.P. - Get more depth on drop. <u>Weaksides</u> 1. Open to weak hook. 2. Read pattern of #1. C.P. - Get more depth on drop.
<u>WEAK BACKER</u>		Near Back, (#2) Tackle	1. Man/Man on #2 using trail technique. C.P. - Vs. Double Wing - get a hit (or reroute) #1. 2. Zone help all over the field. 3. Play short routes tough. C.P. - If #2 goes strongside (flow or 6S action), rush (Loop).
<u>STRONG & WEAK CORNER</u>	Same as Stack Cover #2		C.P. - Work for more depth Vs. #2 in flat (Alert fade & 2)
<u>STRONG & WEAK SAFETY</u>			Same as Stack Cover #2



STACK "ZEBRA"

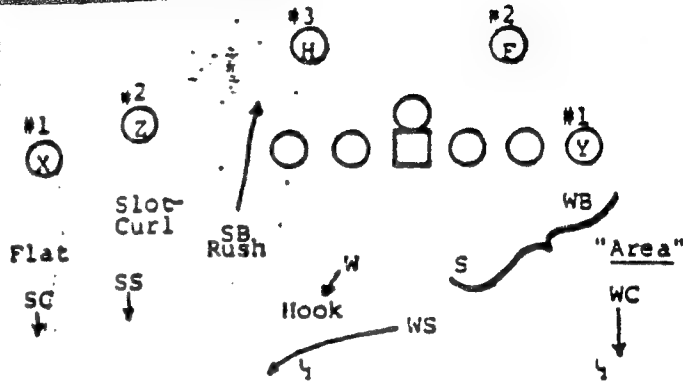


Stack "Zebra" - is a 5 Under, 2 Deep Zone played Vs. Slot/Twin only, employing tight coverage on receivers in each zone based on a read of route progression. 3 linebackers are in coverage.

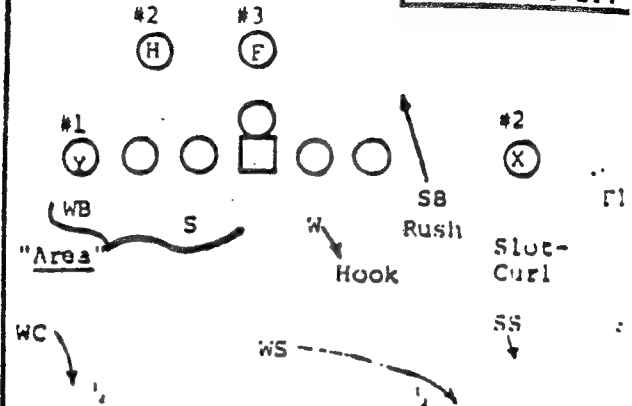
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	Same as Stack Cover #3		1. Contain rusher vs. pass C.P. - Poss. "change" call vs. Trips Reroute #3 on close
<u>SAM</u>			<u>Weakside</u> vs. #1 Tight - "Area" call with weak backer vs. #1 Wide - Same as Stack Cover #3 weakside C.P. - Check 1st coverage call vs. Pro formation
<u>WILL</u>			<u>Strongside</u> 1. Same as Stack Cover #3 strongside C.P. - Reroute #3 on close
<u>WEAK BACKER</u>			vs. #1 Tight - "Area" call with Will Vs. #1 Wide - Same as Stack Cover #3 weakside
<u>STRONG CORNER</u>	Outside Shoulder of #1 4-7 yds. deep	Thru #2 to backs	1. Funnel #1 inside using settle tech. (at 3-4 yds.) 2. Cover Flat area - read pattern by #3 3. If #1 releases outside, carry him thru fade area
<u>STRONG SAFETY</u>	Inside Shoulder of #2 0-5 yds. deep	Thru #2 to backs	1. Same as Stack Cover #3 vs. Slot/Twin 2. Play Slot - Curl Zone C.P. - Check 1st coverage call vs. Pro formation
<u>WEAK SAFETY</u>	10-12 yds. deep On Ball	Backs, #2, and QB	1. Zone strong 1/2 of the field 2. Drop as aiming point 3 yds. inside numbers - 17 yds. deep 3. See flow, read #2's release, and take a hard read on #5
<u>WEAK CORNER</u>	3 yds. outside normal Y 7-10 yds. deep	#1, #2, and QB	1. Zone weak 1/2 of the field 2. Drop straight back and take a hard read on the #5 C.P. - vs. #1 wide, drop straight back and work to 1 yds. inside numbers

ADJUSTMENTS - Stack "Zebra"

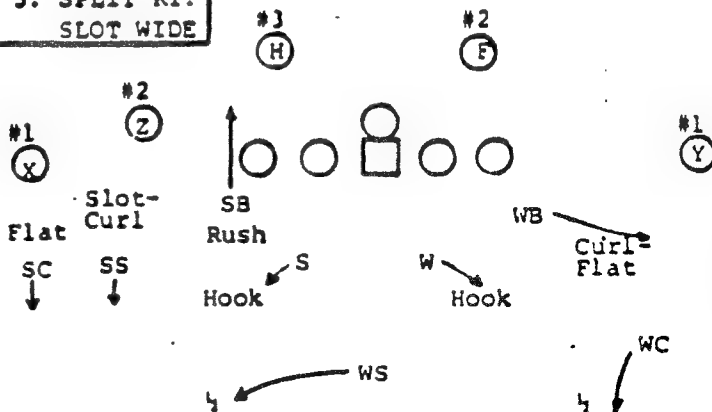
1. SPLIT RT. SLOT



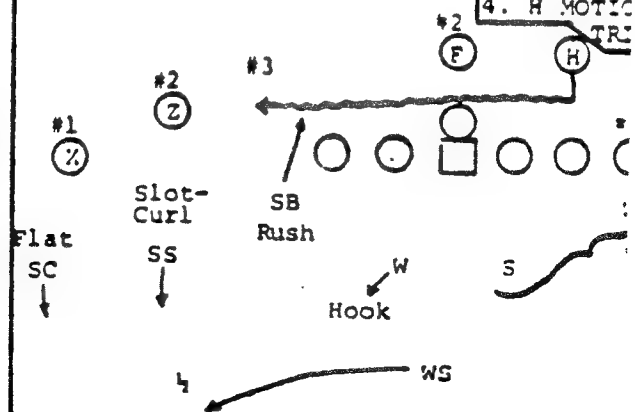
2. STRONG LT.



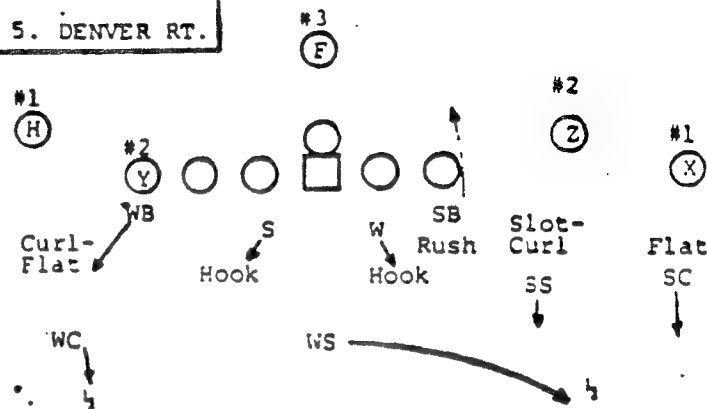
3. SPLIT RT. SLOT WIDE



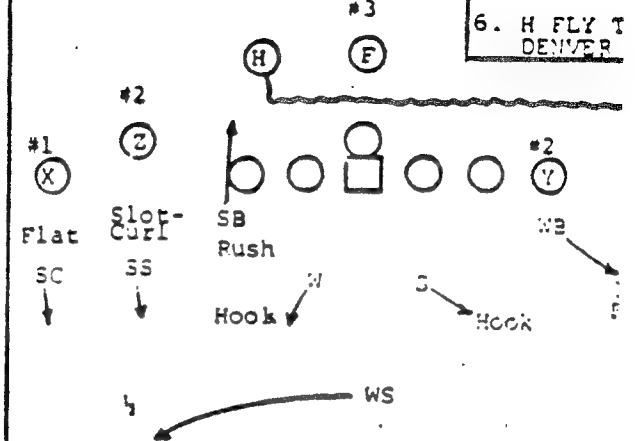
4. H MOTIC TRI



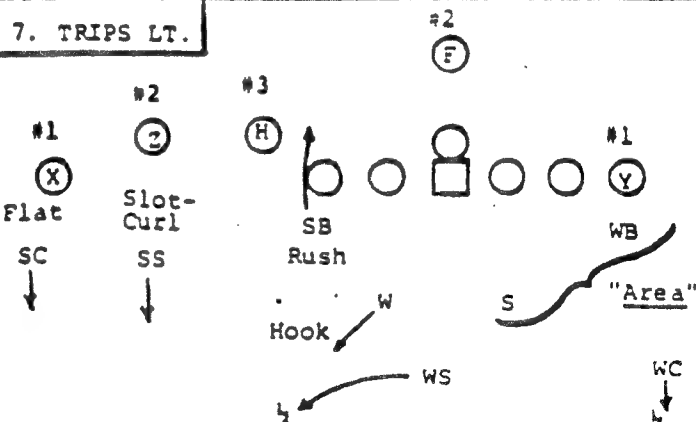
5. DENVER RT.



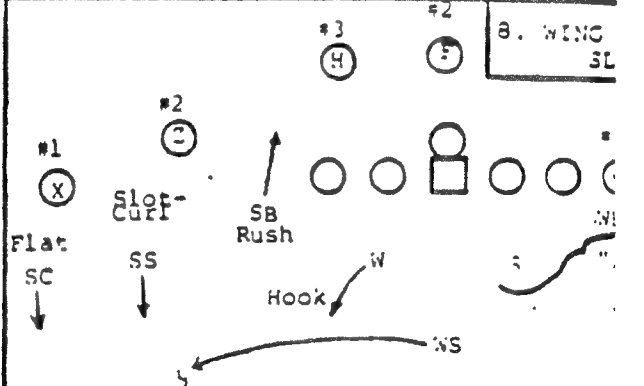
6. H FLY T DENVER



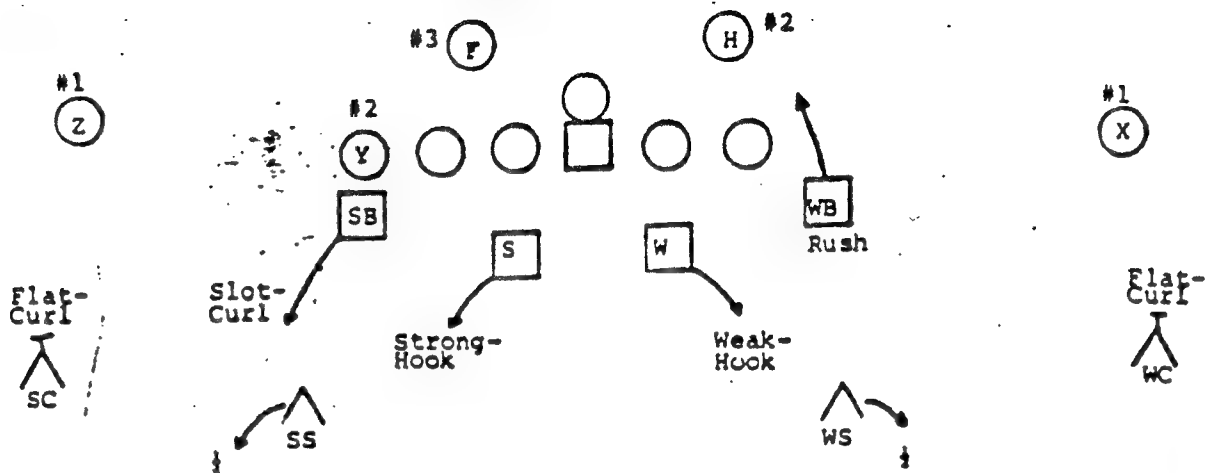
7. TRIPS LT.



8. WING SL



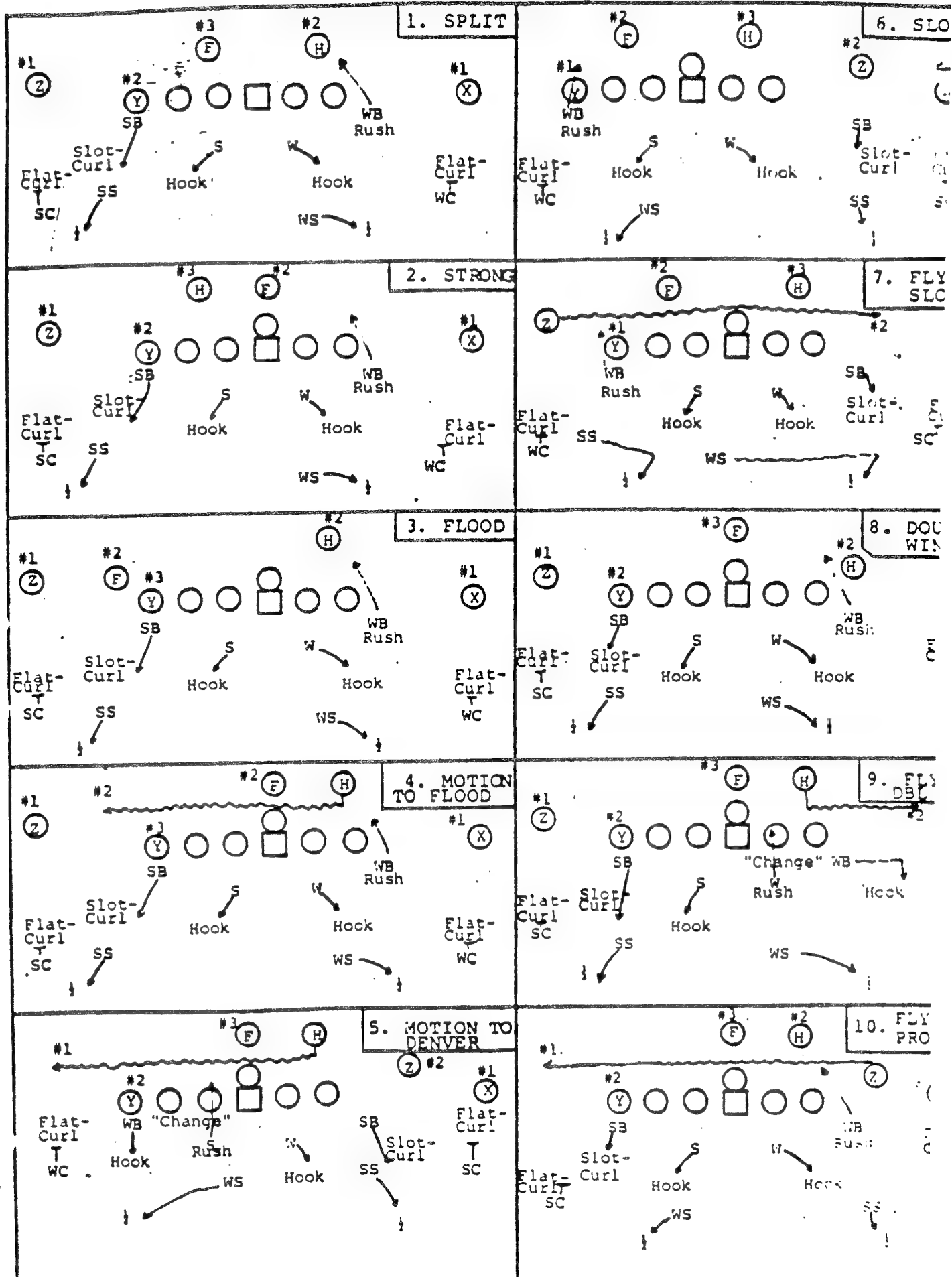
STACK COVER RED #2



Stack Cover Red #2 - A double rotated zone with 2 deep and 5 under, employing a tight coverage on receivers in each zone based on a read of route progression with 3 linebackers in coverage. LB flow rule. Red #2 used only in Red Area (+15 yd. line)

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>STRONG BACKER</u>	Same as Stack Cover #2	Same as Stack Cover #2	<ol style="list-style-type: none"> 1. Get hit on (or reroute) #2 2. Drop to curl area, read QB, and break on throw CP - Get out of No Cover Zone, but no deeper than G.L.
<u>SAM & WILL</u>			<u>Strongside</u> <ol style="list-style-type: none"> 1. Same as Stack Cover #2 CP - Cover #2/#3 inside and deep <u>Weakside</u> <ol style="list-style-type: none"> 1. Same as Stack Cover #2 CP - Get out of No Cover Zone, but no deeper than G.L.
<u>WEAK BACKER</u>			<ol style="list-style-type: none"> 1. Same as Stack Cover #2
<u>STRONG CORNER</u>	width - as close to midpoint as possible CP-formation adj. depth-7 yds. no deeper than G.L.		<ol style="list-style-type: none"> 1. Funnel #1 inside using soft technique 2. Cover flat-curl area 3. If #1 releases outside, carry him thru fade area - You are responsible for the fade CP - You have #1 on run/pass CP - vs. #1 definitely inside, drop no deeper than G.L.
<u>STRONG SAFETY (No Move)</u>			<ol style="list-style-type: none"> 1. Drop as aiming point 3 yds. inside #3 - between G.L. & 5 yds. EZ 2. See flow, read #1's release, and take a hard read on QB CP-No deeper than 5 yds. in EZ until ball is thrown
<u>WEAK SAFETY (No Move)</u>	width - same as SS depth-7-10 yds. no deeper than G.L.		<ol style="list-style-type: none"> 1. Drop as aiming point 3 yds. inside #3 - between G.L. & 5 yds. EZ 2. See flow, read #1's release, and take a hard read on QB CP- Vs. strong flow, alert Y Cross CP- No deeper than 5 yds. in EZ until ball is thrown
<u>WEAK CORNER</u>	Same as Stack Cover #2		<ol style="list-style-type: none"> 1. Funnel #1 inside using soft technique 2. Cover flat-curl area 3. If #1 releases outside, carry him thru fade area - You are responsible for the fade 4. Be aware of weakside combinations CP - Vs. strong flow, alert Y Cross CP - You have #1 on run/pass

ADJUSTMENTS - STACK COVER RED #2



SUB ALIGNMENT

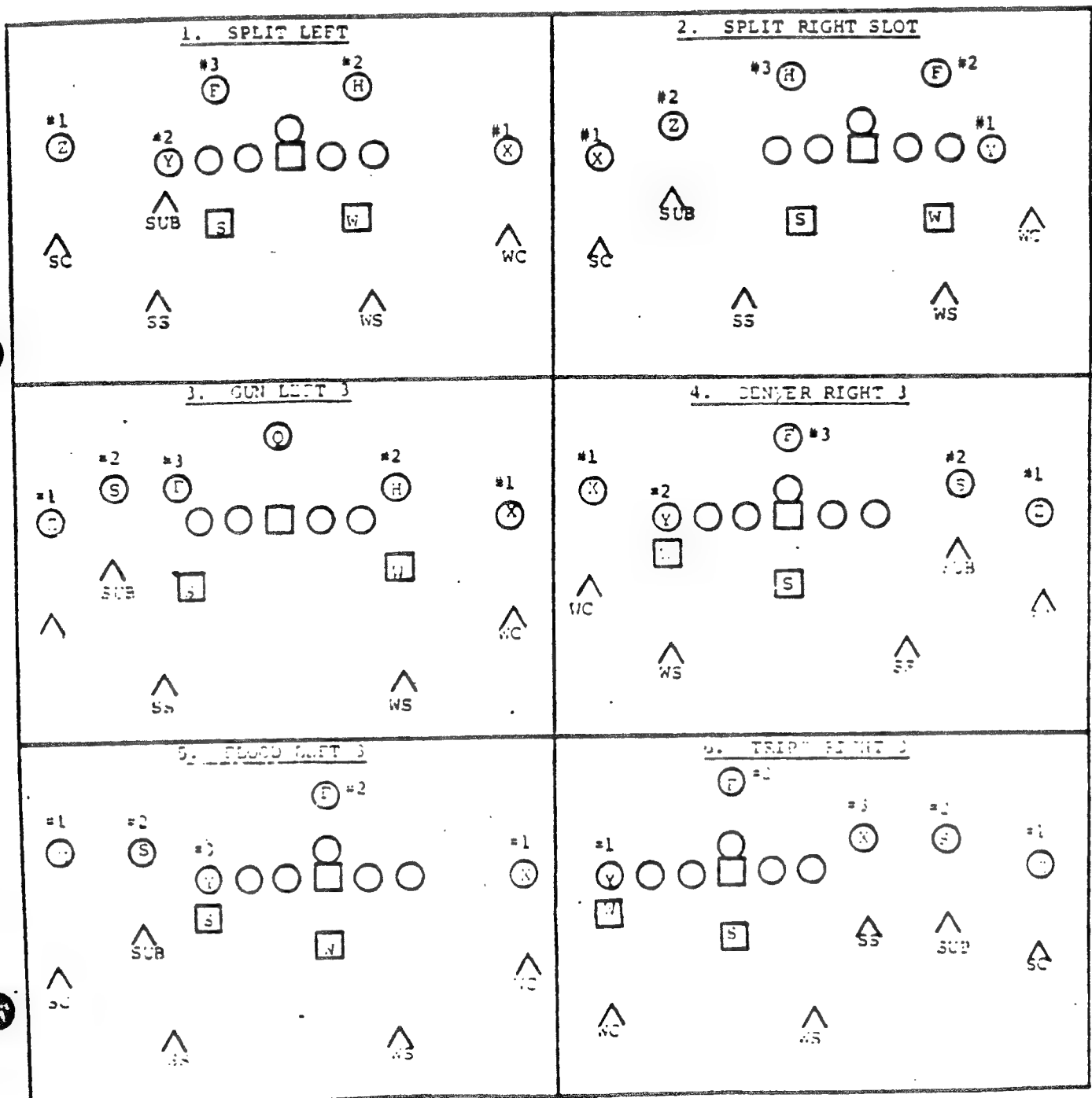
Linebackers (Sam & Will) - with 2 backs in game, linebackers line up on backs with 1 back & 1 TE, linebackers line up on back & TE

Sub - line up on #2 receiver strongside - C.P. - Match-up - cover WR or TE

SS - line up on 2 receiver side, basically splitting the #2 & #3 receivers -
C.P. - Vs. Trips 3, line up on #3

WS - line up on 1 receiver side, basically on the #2 receiver -
C.P. - Vs. Trips 3, line up on 2 receiver side

Corners - line up on #1 - C.P. - Match-up - line up on widest wide receiver



SUB MOTION ADJUSTMENTS

Linebackers - Regular Coverages - line up on #2 weak & #3 strong -

C.P. - Trips 3 - line up on back & TE - slide vs. motion

Match-up Coverages - Vs. 2 backs, cover the backs

Vs. 1 back & 1 TE, cover the back & TE

Sub - Regular Coverages - line up on #2 strongside - Cover any motion/fly & end up on #2 strongside

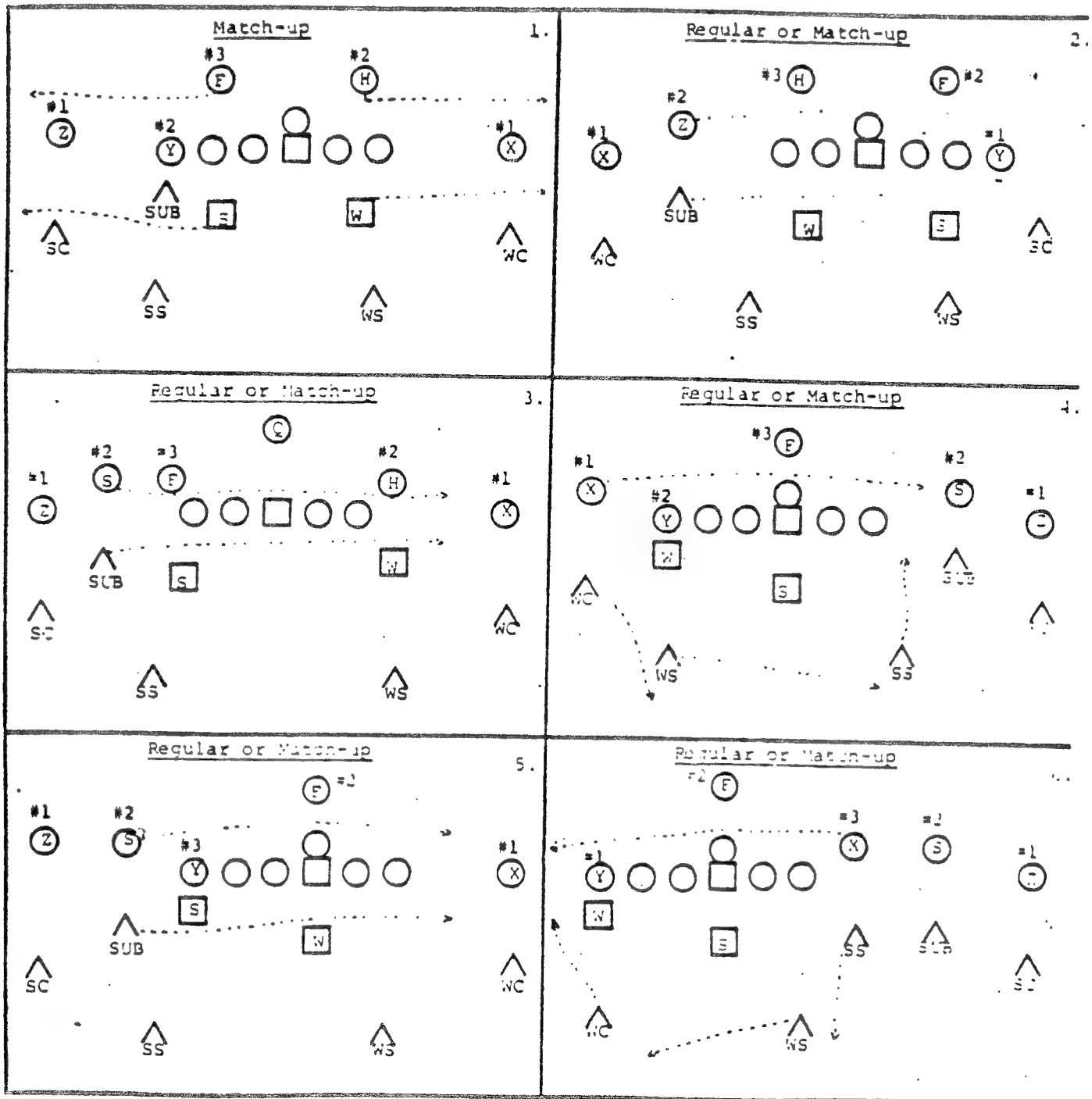
Match-up Coverages - cover 2nd widest WR/TE on 2 receiver side

Vs. #2 fly & change of strength, sub covers #2 man/man (no)

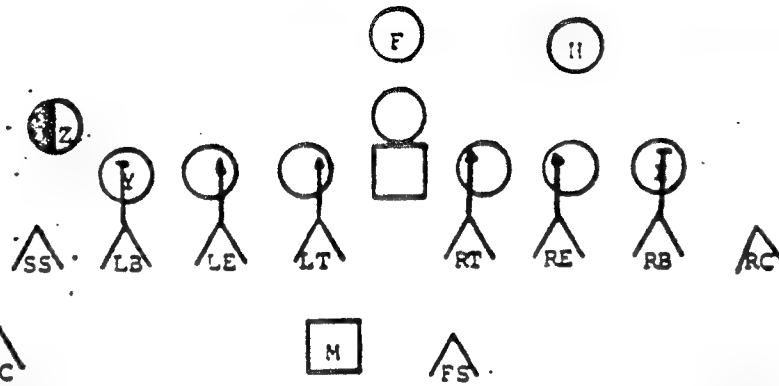
SS & WS - no move vs. motion fly - C.P. - Trips 3 - make standard adjustment

Corners - Regular Coverages - line up on #1 - Slide vs. motion/fly Y stay on #1

Match-up Coverages - cover widest wide receiver your side



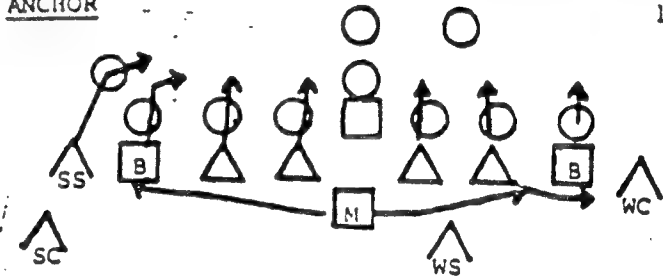
GOAL LINE



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
<u>ENDS</u>	4 I Alignment	Ball & Tackle	<ol style="list-style-type: none"> 1. Aggressive charge, low and hard 2. Penetrate 3. Responsible for B Gap.
<u>TACKLES</u>	1 Alignment	Ball, Guard, & Center	<ol style="list-style-type: none"> 1. Aggressive charge, low and hard 2. Penetrate 3. Responsible for area between offensive guards 4. Alert for center on reach
<u>OUTSIDE LINEBACKERS</u>	6 Alignment 3 point stance	Ball, Tight End	<ol style="list-style-type: none"> 1. Hit TE with inside flipper-knock him back 2. Squeeze 6 hole with Tight End 3. Play outback on base block 4. Contain on pass or plays away
<u>MIDDLE LINEBACKER (MIKE)</u>	By Formation 4 1/2 to 5 yds. deep	By Formation	<ol style="list-style-type: none"> 1. Fill inside out on C and D Gap. 2. Dropback pass-"Banjo" TE & FB with SS 3. Play Action pass - run thru
<u>STRONG CORNERBACK</u>	3 yds. off LOS outside shade on Z	Z	<ol style="list-style-type: none"> 1. M/M on Z (take all Z motion or fly) 2. Z Base blocks SS - play outback 3. Z blocks down - be force outside 4. Poss. "Blanket" vs. #1 wide
<u>WEAK CORNERBACK</u>	1 yd. off LOS 2 yds. outside X	Near Back	<ol style="list-style-type: none"> 1. In/Out on X & H with FS (Wilson) 2. Flow to - use force or bounce technique on back depending on formation 3. Flow away - 1 step back, take X M/M 4. Poss. "Blanket" vs. #1 wide
<u>STRONG SAFETY</u>	on LOS outside shade on Z	Z and Far Back	<ol style="list-style-type: none"> 1. M/M on Y (Dropback-"Banjo" Y & FB with Mike) 2. Z blocks down - use bounce technique 3. Z Base blocks - be force man 4. Alert Flow 5. Poss. "Blanket" vs. #1 wide
<u>WEAK SAFETY</u>	3-5 yds. off LOS Workside A gap	Near Back & Guard	<ol style="list-style-type: none"> 1. In/Out on X & H with WC (Wilson) 2. Fill inside/out on all runs 3. Alert flow 4. Cover all back motion or fly (1 back set) 5. Poss. "Blanket" vs. #1 wide

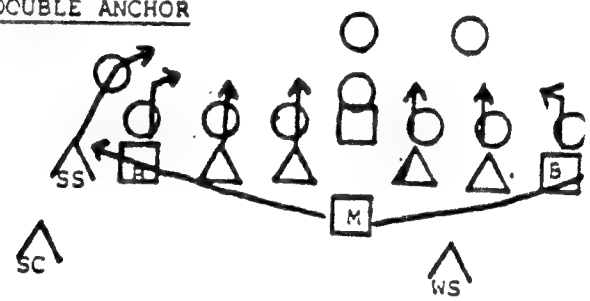
GOAL LINE VARIATIONS

ANCHOR

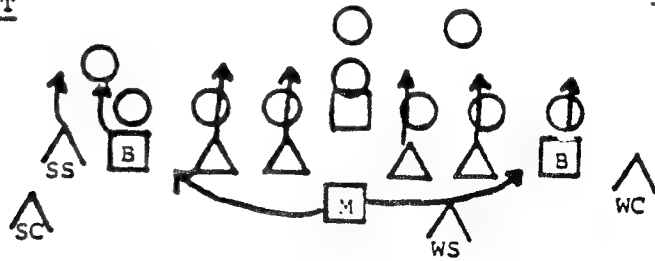


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DOUBLE ANCHOR

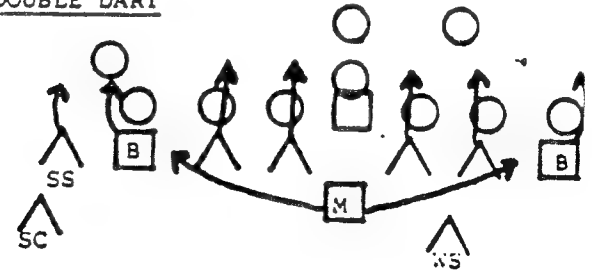


DART

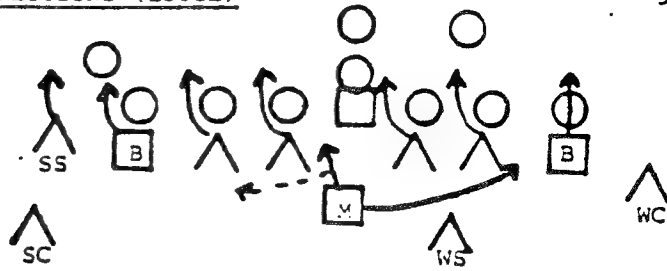


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DOUBLE DART

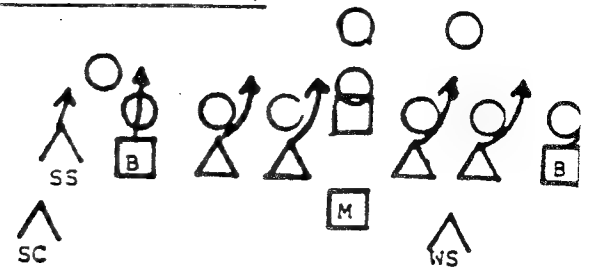


DIRECTIONS (LOUIE)

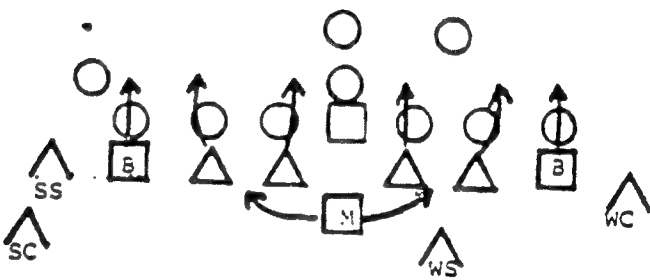


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DIRECTIONS (ROGER)

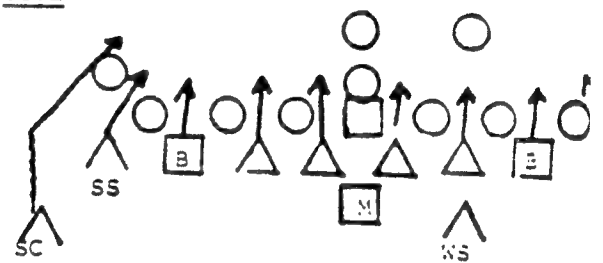


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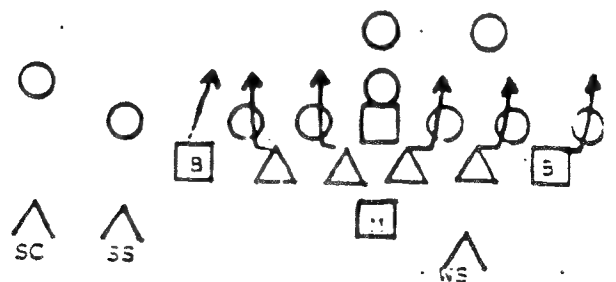
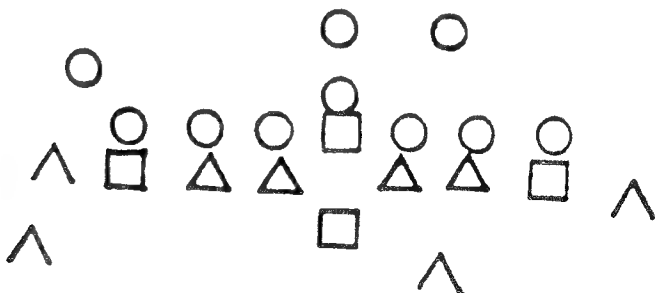


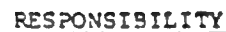
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TITE

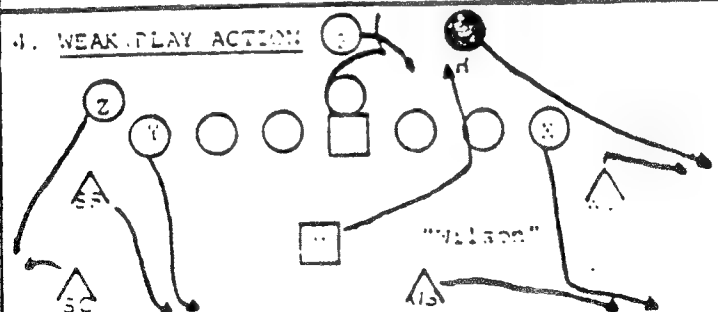
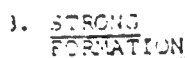


VS. PRO, SLOT OR FLEX, CHECK BASE

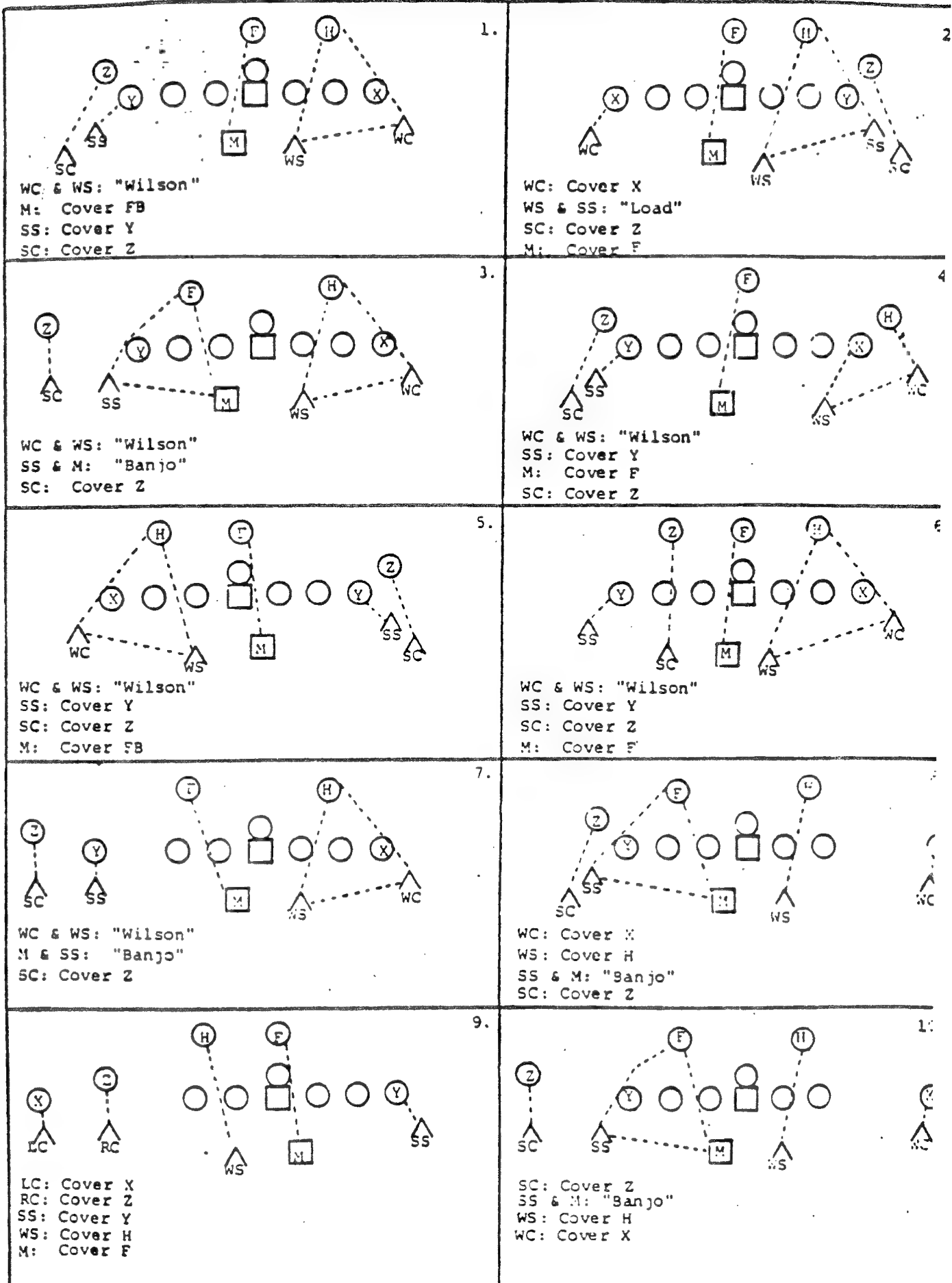




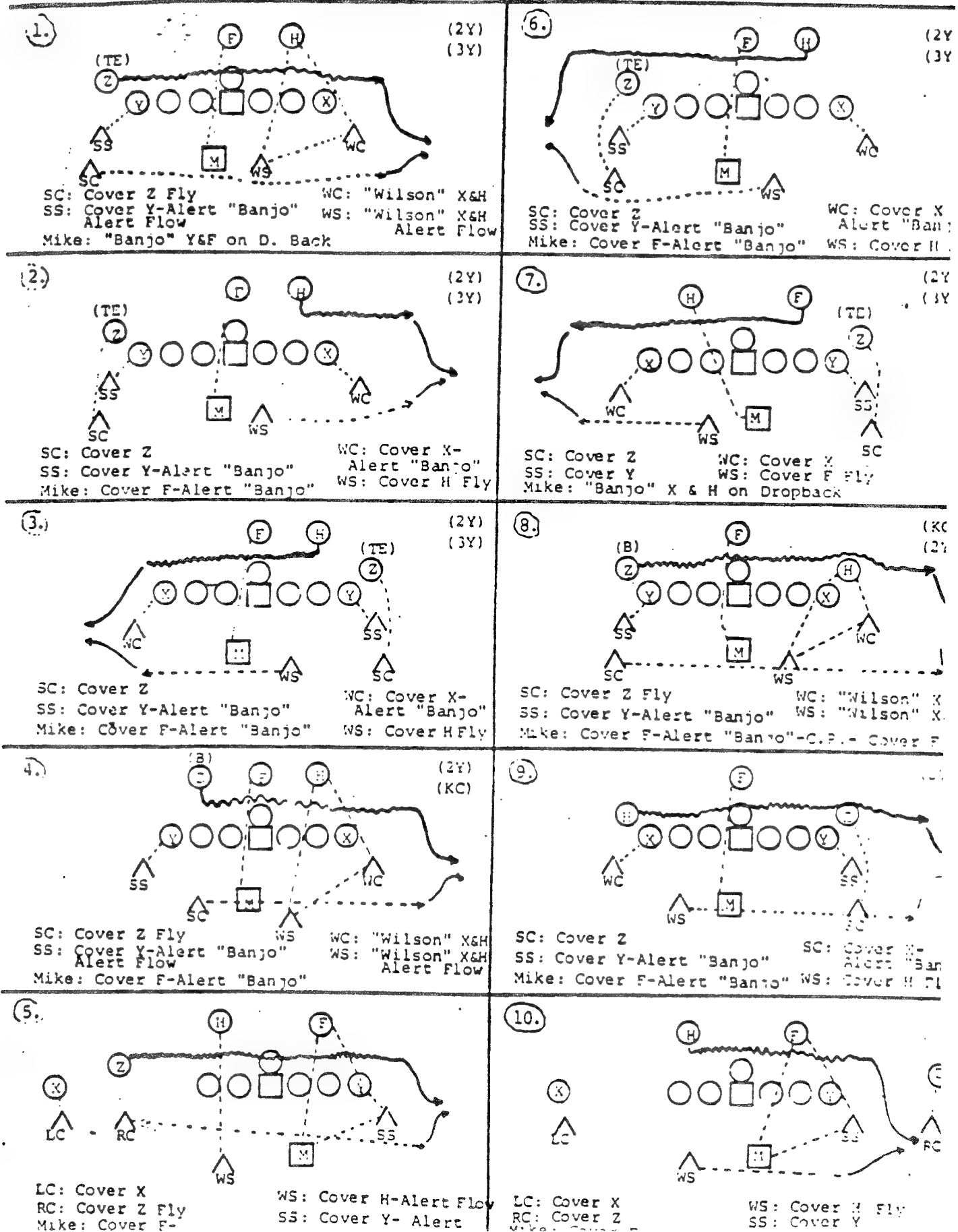
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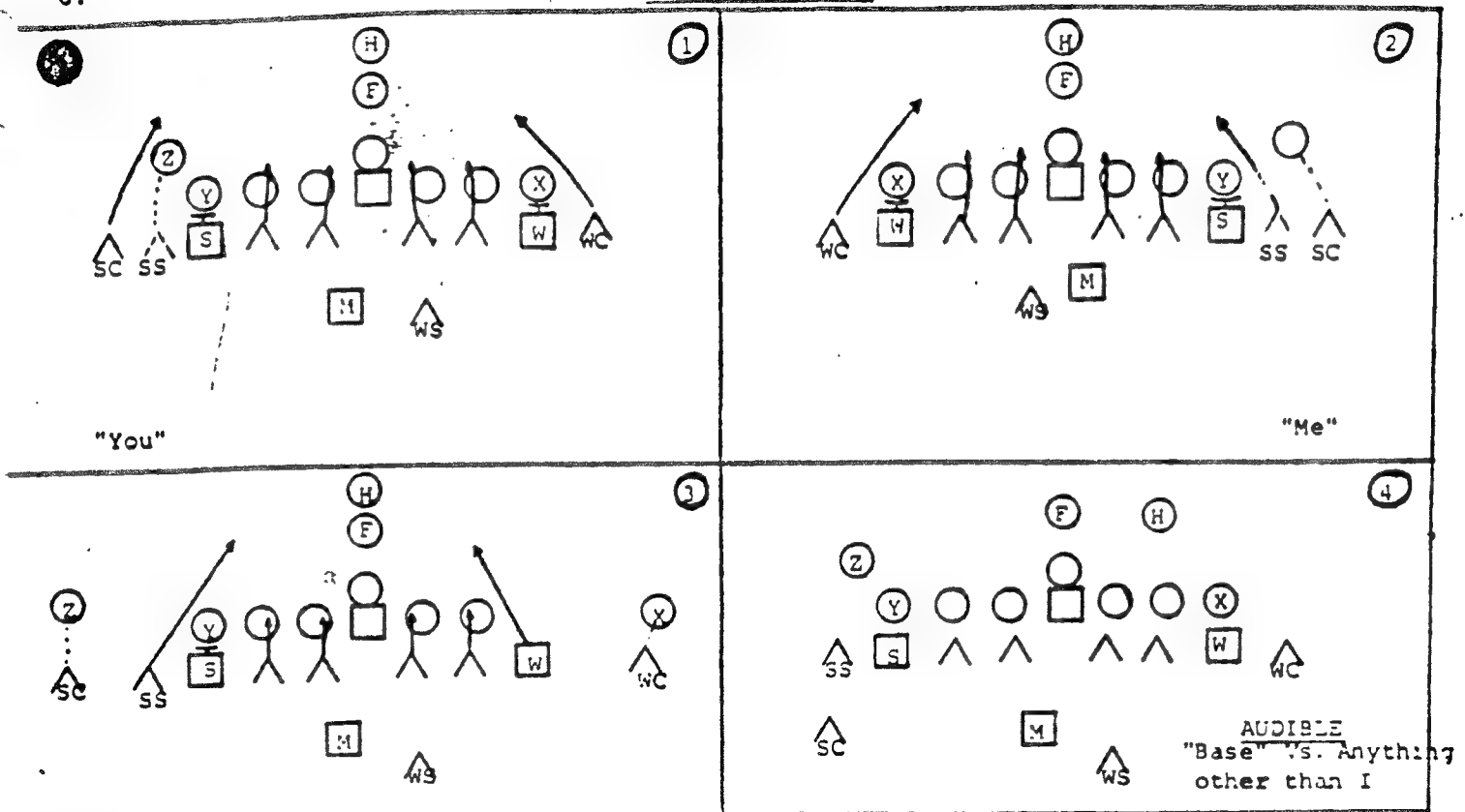
GOAL LINE MAN COVERAGE



GOAL LINE MAN COVERAGE - MOTION ADJUSTMENTS



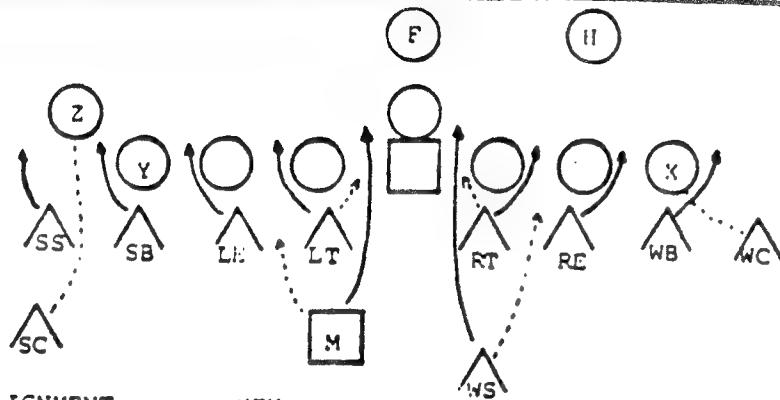
GOAL LINE CRASH



| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|--------------------------|---|-----------------|--|
| <u>NIKE</u> | 4 1/2 to 5 yds. deep
Head up Str. Guard | Backs | 1. Fill inside/out on all runs.
2. Play action pass - run thru
3. Dropback pass - Man/Man 1st Back your side |
| <u>STRONG
BACKER</u> | 6 Alignment
3 Point Stance | Tight End | 1. Man/Man on Y all over
2. Vs. Base block, play 6 technique |
| <u>WEAK
BACKER</u> | 6 Alignment
3 Point Stance | Tight End | 1. Man/Man on X all over
2. Vs. Base block, play 6 technique
3. If X splits, become free rusher
a. bounce all runs to - c. contain rush.
b. choose all plays away VS. PASS |
| <u>WEAK
CORNER</u> | 1 yd. off L.O.S.
2 yds. outside X | Ball &
Backs | 1. Vs. Tight X, you are free rusher
a. bounce all runs to
b. chase all plays away
c. contain rush vs. pass
2. If X splits, cover X Man/Man |
| <u>WEAK
SAFETY</u> | 5-5 1/2 yds. off L.O.S.
Head up Weak Guard | Backs | 1. Fill inside/out on all runs
C.P. - Toss weak, not outside of runner
2. Play action pass - run thru
3. Dropback pass - Man/Man 1st Back your side
4. Cover all back motion |
| <u>STRONG
SAFETY</u> | on L.O.S.
outside shade on Z | Ball &
Backs | 1. You are free rusher - get penetration
CP - "You" call - assume SC's responsibility
2. a. force all runs to
b. Chase all runs away
c. Contain rush vs. pass |
| <u>STRONG
CORNER</u> | 1 yds. off L.O.S.
outside shade on Z | Z | 1. M/M on Z (take all Z motion or flow)
2. Z base blocks SS - play outback
3. Z blocks down - be force outside
CP - "You" call - become free rusher - assume S.C. |

NOTE: WS & M - check "Base" vs. any situation other than I

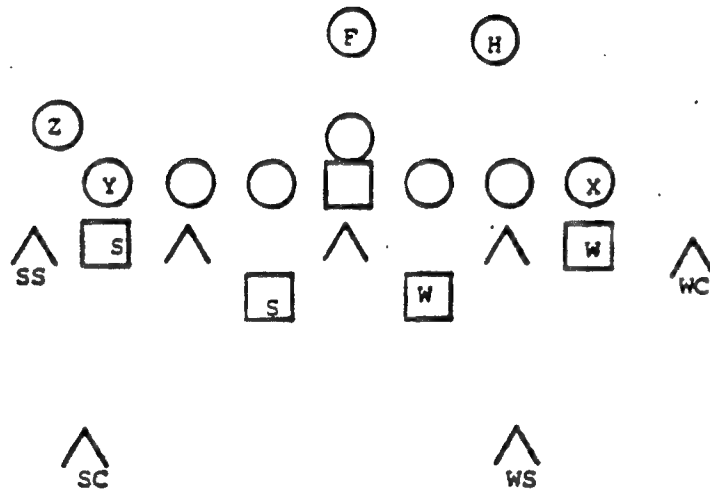
GOAL LINE OSCAR



| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|------------------------------------|--|---------------------------------|---|
| <u>ENDS</u> | 4 I Alignment | Ball,
Tackle | <ol style="list-style-type: none"> 1. Aggressive charge to C Gap 2. Do not get cut off by tackle 3. Contain rusher Vs. pass |
| <u>TACKLES</u> | 1 Alignment | Ball,
Guard | <ol style="list-style-type: none"> 1. Aggressive charge to B Gap 2. Do not get cut off by guard CP - "Baker" - aggressive charge to A Gap |
| <u>OUTSIDE LINEBACKERS</u> | 6 Alignment
3 Point Stance | Ball | <ol style="list-style-type: none"> 1. Dart Technique 2. Get penetration 3. Cover 1st Back Man/Man |
| <u>MIDDLE LINEBACKER</u>
(NIKE) | 4 1/2 to 5 yds. deep
Head up Str. Guard | Ball | <ol style="list-style-type: none"> 1. Hit A gap aggressively on snap 2. Any pass - be inside rusher CP - "Baker" - hit B Gap aggressively on snap |
| <u>STRONG CORNER</u> | 3 yds. off L.O.S.
Outside shade on Z | Z | <ol style="list-style-type: none"> 1. M/M on Z (take all Z motion or fly) 2. Z base blocks SS - play cutback 3. Z blocks down - play cutback |
| <u>WEAK CORNER</u> | 4 yd. off L.O.S.
2 yds. outside X | X | <ol style="list-style-type: none"> 1. M/M on X 2. X blocks, play cutback (Backer force) |
| <u>STRONG SAFETY</u> | on L.O.S.
Outside shade on Z | Z and Y | <ol style="list-style-type: none"> 1. M/M on Y 2. Z blocks down or base blocks, be force 3. Vs. Z split, play cutback (Backer force) |
| <u>WEAK SAFETY</u> | 5-5 1/2 yds. off L.O.S.
Head up Guard | Ball
(Alert Back
Not/Fly) | <ol style="list-style-type: none"> 1. Hit A gap aggressively on snap 2. Any pass - be inside rusher 3. Cover any back motion/fly CP - "Baker" - hit B Gap aggressively on snap |

SHORT YARDAGE

FIRE FOX 2



| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|--------------------------------------|-------------------------------------|---------------------------------|--|
| <u>ENDS,</u>
<u>NOSE</u> | SAME AS STACK | → | |
| <u>OUTSIDE</u>
<u>LINEBACKERS</u> | ↓ | ↓ | 1. 6 technique
CP - SB cannot get knocked off LOS
2. Cutback vs. run
3. Contain rush vs. pass |
| <u>INSIDE</u>
<u>LINEBACKERS</u> | ↓ | ↓ | → |
| <u>STRONG</u>
<u>SAFETY</u> | Outside shade on #1 (split stance) | Thru #1 & #2 to backs | 1. Vs. down block - prevent #1 from clean release work for penetration upfield
You are responsible for D gap
CP - Vs. G Lead - use outside pad
Vs. Lead Back - squeeze blocker (2nd man thru)
2. Vs. Base Block - You are the force man
3. 2 Sky coverage - No move vs. 2 fly
CP - Vs. #1 width, check Stack 3 |
| <u>STRONG</u>
<u>CORNER</u> | on #1 vs. #1 wide Hash-Split Rule | #1 & #2 | 1. Vs. #1/#2 block, fill on the ball
CP - Vs. G Lead - alert bounce
CP - VS. #1 width - check Stack 3 |
| <u>WEAK</u>
<u>SAFETY</u> | on weak tackle | thru uncovered lineman to backs | 1. Same as Stack #2 in field
CP - Vs. #1 strong wide, check Stack 3 |
| <u>WEAK</u>
<u>CORNER</u> | 2 yds. from OLB
1/2 yds. off LOS | thru #1 to near back | 1. Vs. flow & #1 block, you are the force
CP - kick vs. everything
2. Vs. flow away - alert boot, reverse (back off)
CP - Vs. pass, alert Y/Z Cross |

SHORT YARDAGE: FRONTS & STUNTS

| | |
|---|--|
| <p>BASE - Strong Side - Safety Force
Weak Side - Corner Force</p> <p>1.</p> | <p>BASE - Strong Side - Safety Force
Weak Side - Corner Force</p> |
| <p>Strong Rip</p> <p>3.</p> <p>End - Rip Technique
Sam - No direct read - Scrape on flow to you - Normal on flow away</p> | <p>Weak Rip</p> <p>End - Same
Will - Same as Sam</p> |
| <p>Strong Slam</p> <p>5.</p> <p>O.L.B. - Slash down off hip of O.T. working to B Gap - Head in front
End - Rip charge - Aim for rib cage of O.G.
Sam - No direct read - Read fast on flow to - Normal on flow away</p> | <p>Weak Slam</p> <p>O.L.B. - Same
End - Same
Will - Same as Sam</p> |
| <p>Lucky</p> <p>7.</p> <p>N.T. - Lucky Technique
Sam - Read normal on flow to you - Read fast on flow away
Will - Read normal on flow to you - Slow on flow away</p> | <p>Ringo</p> <p>8.</p> <p>N.T. - Ringo Technique
Sam - Same as Will
Will - Same as Sam</p> |
| <p>Roger</p> <p>9.</p> <p>N.T. - Ringo Technique
S.E. - Rip Technique
W.E. - S Technique
Sam - No direct read - Scrape on flow to - Slow on flow away</p> | <p>Louis</p> <p>10.</p> <p>N.T. - Lucky Technique
S.E. - S Technique
W.E. - Rip Technique
Sam - Same as Will
Will - Same as Sam</p> |

TWO MINUTE SITUATION

Probably the most critical part of a ball game is two minutes to go in either half. Many a game is won or lost during this vital time. It is not only imperative for the team captain to know when time is out, and whether the clock starts with the snap or with the Referee's whistle, but for each individual player, also. Time outs must be saved for these periods. As a GENERAL RULE, TIME OUTS WILL BE CONTROLLED BY THE HEAD COACH. A team that can handle itself through this period without confusion and frustration will be the winner.

A. MUST PREVENT SCORE (EXPEND TIME)

Prevent defenses or basic defenses with deployment may be used. Opponent needing a touchdown as opposed to a field goal might be played differently. We must know how to expend time on defense. Blitz only in crucial situations.

1. Don't let runner or receiver out of bounds.
2. Get up slowly from pile-ups.
- 3. Linemen take time back to L.O.S. after completion.
But when referee declares ball ready for play, it can be snapped then and an offside penalty will be assessed against the defense if any defensive players are across the neutral zone.

B. MUST GAIN POSSESSION (CONSERVE TIME)

Use basic defenses that are strong against the run. Use only blitzes that will strengthen us against run or when confusion might cause fumble. Everyone must go for the ball.

How to conserve time on defense:

1. Important to know the clock is stopped on all incomplete passes, ball out of bounds, when the referee stops the clock to assess a penalty for measurement or for other reasons.
2. Don't waste a time out when the clock is stopped - use the time outs strategically to stop the clock and call a time out as soon as the whistle blows to complete the play.
3. If a penalty is refused, the clock starts immediately, otherwise not until the ball is put into play.
4. Unpile quickly, and get into defensive huddle--the next play must begin 30 seconds after referees signal ball is ready for play. The quicker the defense is ready, the quicker the referee will signal.

TWO MINUTES (Continued)

The following are important rules in the last two minutes:

1. Notification of two minutes is Referee's time out. Clock starts with snap.
2. On change of possession, punt, fumble or interception, clock starts with snap.
3. On free kick (kickoff) clock does not start until ball is legally touched.
4. If Referee has stopped the clock on Quarterback's signal, due to excessive crowd noise, the clock starts on the Referee's signal.
- 5. NEW RULE - If the defense is slow getting back to the line of scrimmage, referee will invoke a penalty for delay of game - Clock starts on snap.
6. Referee must notify Captain and Coach of three time outs. (Everyone should know how many time outs are left.)
7. A team cannot buy a 4th time out for a penalty during the last two minutes. A 4th time out will only be allowed for an injured player (designated by Captain) who must be removed from game. No penalty. C.P. - Know the rule for injured player assistance. Clock starts with Referee's signal, however the ball cannot be put into play until 10 seconds have been run off the clock. Either half can end while the 10 seconds are being run off the clock. A 5th time out will be granted for an injured player. A 5 yard penalty is assessed and the clock starts with referee's signal after 10 seconds have been run off the clock. Prior to the last two minutes, a time out in excess of three is a foul unless for injured player who must be removed from field.
8. Automatic time out upon Captain asking for or discussing measurement -- not charged against legal three time outs.

Time Starts on the Snap

1. After notification of 2 minutes.
2. Time out
3. Incompletion
4. Out-of-bounds
5. Touchback
6. On change of possession

Time Starts on Referee's Whistle

1. Measurement for 1st down
2. Equipment repair
3. Time outs (over the legal 3 + 10 seconds)
4. Excessive crowd noise
5. QB tackled attempting to pass - a minimum of 5 seconds must have elapsed before ball is ready for play.

C.P. - Fouls by offensive team may stop clock. If an offensive foul occurs, the official is not obliged to stop the clock for the enforcement of the penalty if the offensive team deliberately committed the foul to stop the clock in the opinion of the official. In the event the clock was stopped for enforcement, it will start on referee's signal. (Therefore, line up in last formation called.)
Foul by defensive team shall stop the clock, and clock starts at snap.

We should be alert in the two minute segment for the possible use of fair catch of a punt to be able to utilize the Free Kick possibility.

A Championship team must be able to handle itself throughout this period without confusion and frustration.

PRESSURE DEFENSES

Pressure defenses are predicated on the position of the tight end, not strength. We must recognize and call the location of the tight end immediately. If there are 2 tight ends in the game, or if a wide receiver lines up in tight, the location of a tight end must be determined and called. Run the pressure defense to the designated tight end.

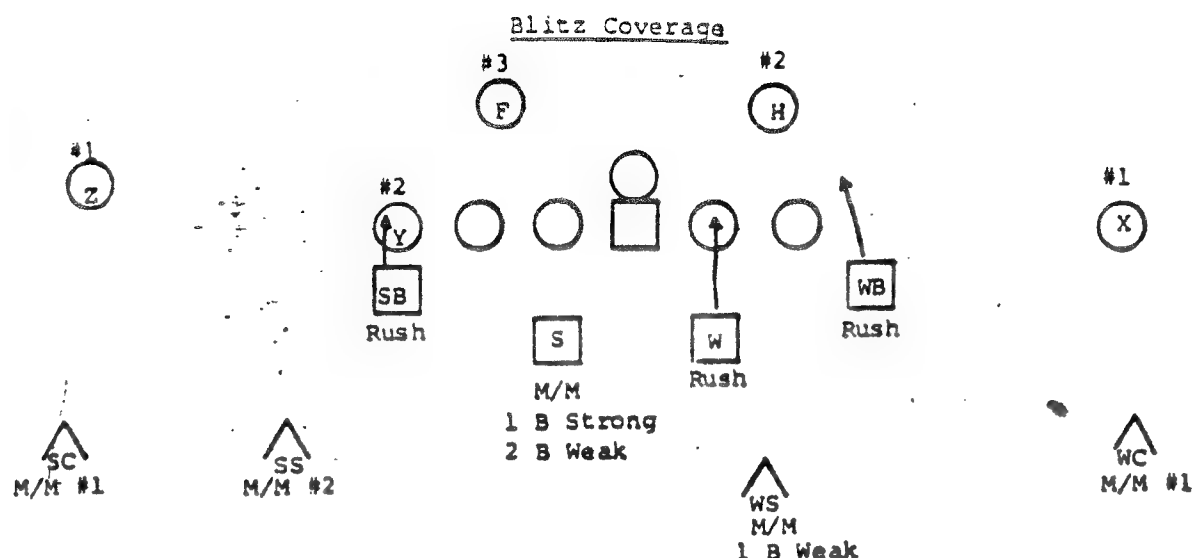
If the tight end lines up off the LOS, or shifts off, check the pressure defense to Stack 3 - unless Blitz has been called. In blitz, once the location of the tight end has been declared, the blitz will be run according to the original position of the tight end (if the tight end moves).

All pressure defenses have a 1 Back Rule. You must know and understand the 1 Back Rule for each pressure defense.

Typhoon is a pressure defense designed vs. 1 back only.

| DEFENSE | TE OFF | 1 BACK RULE |
|-----------|-----------|------------------------------|
| BLITZ | OK | Sam has remaining back |
| THUNDER | Check S.3 | Check S.3 |
| COBRA | Check S.3 | Check S.3 |
| LIGHTNING | Check S.3 | OLB on TE covers TE man/man. |
| TYPHOON | OK | Designed vs. 1 back only |

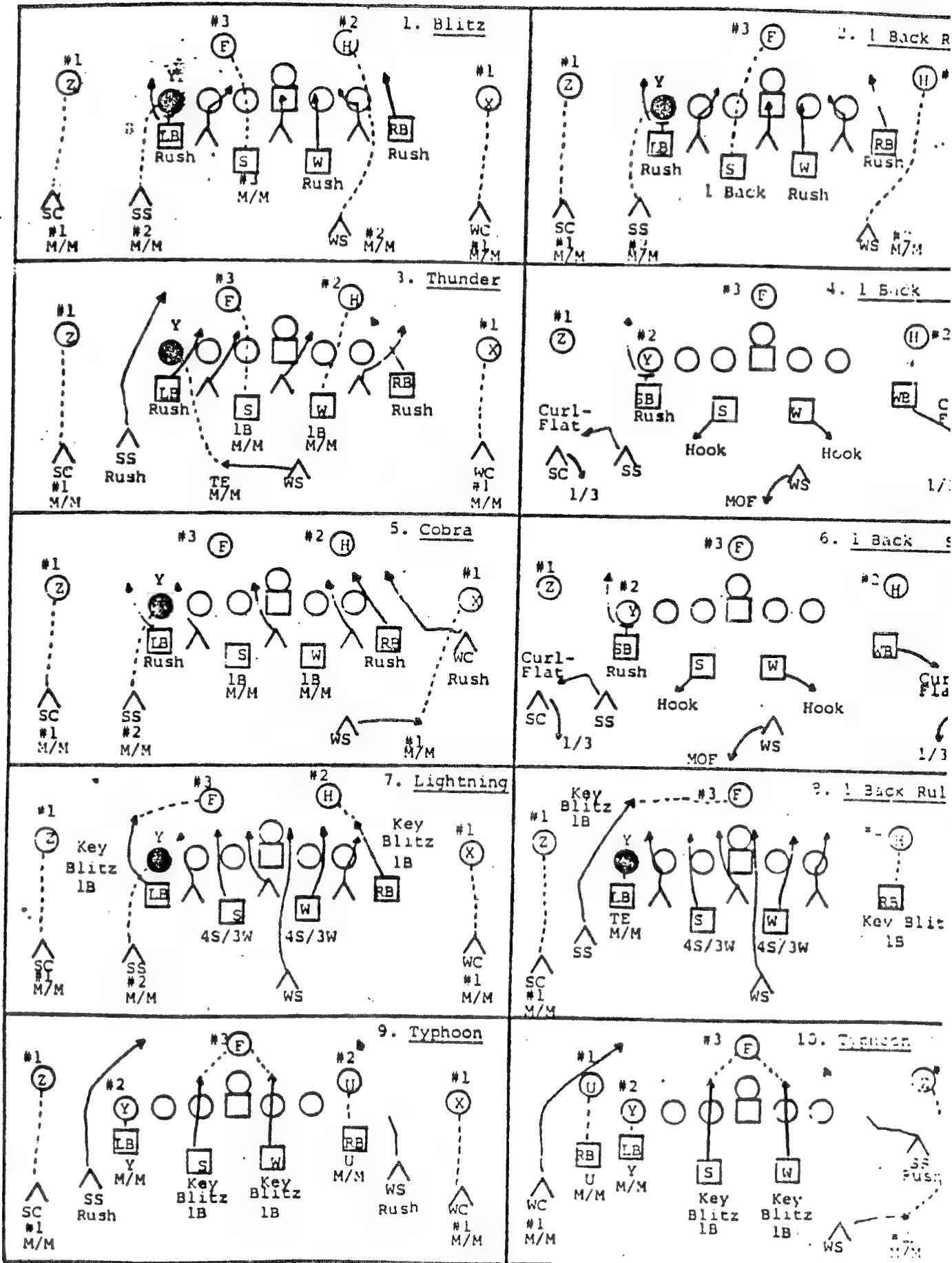
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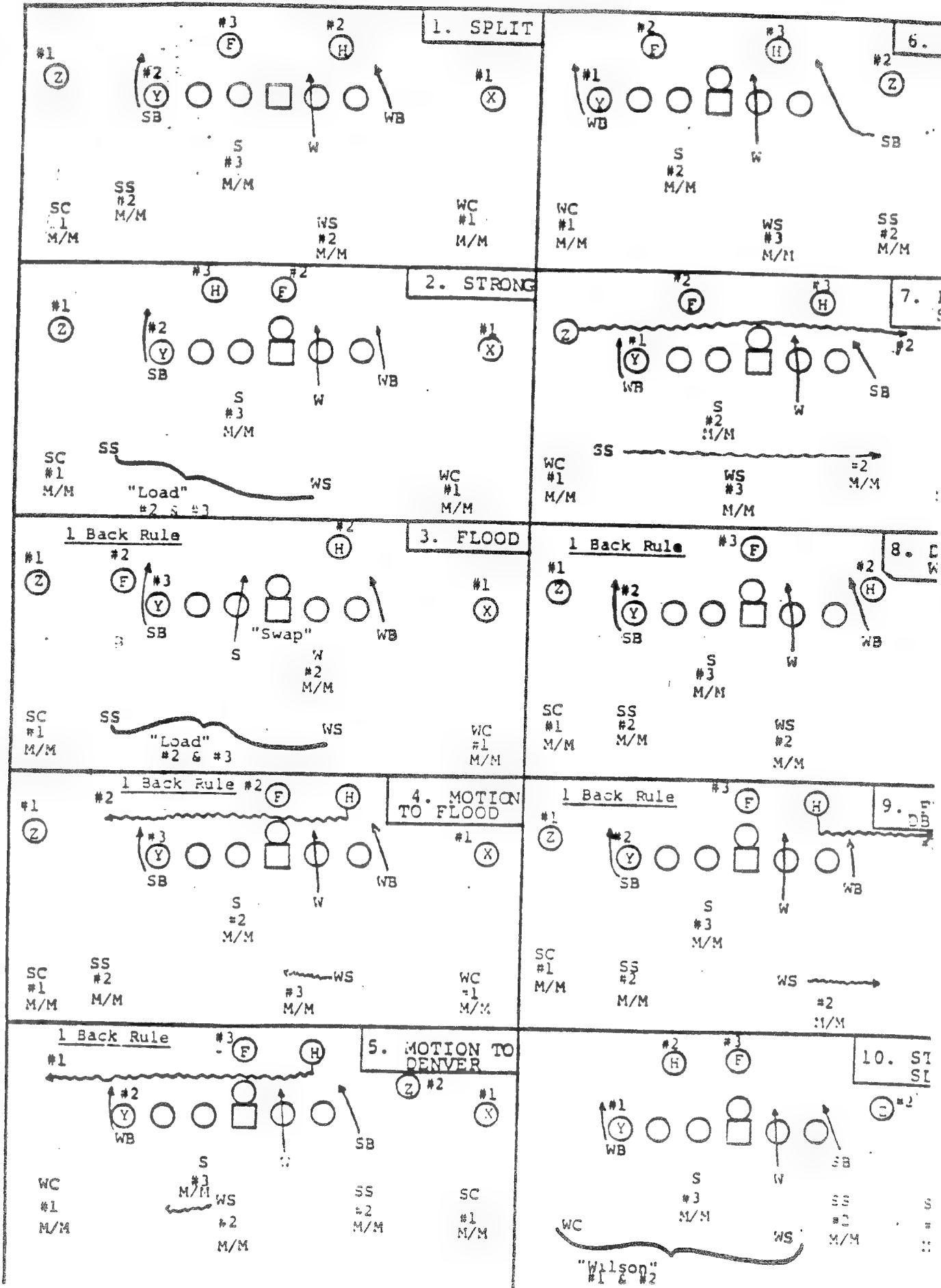
All Blitzes are set up according to the alignment of the Tight End. Tight End "Left/Right" must be called. Coverage is determined by backfield set and tight end, not strength.

1. Defensive Backs and Sam play flow rule on play action to tight end side.
2. 1 Back Rule - Sam takes remaining back - No Flow on a 1 Back set.
3. Force Rules - Sky force on Tight End side - Backer force on open side.

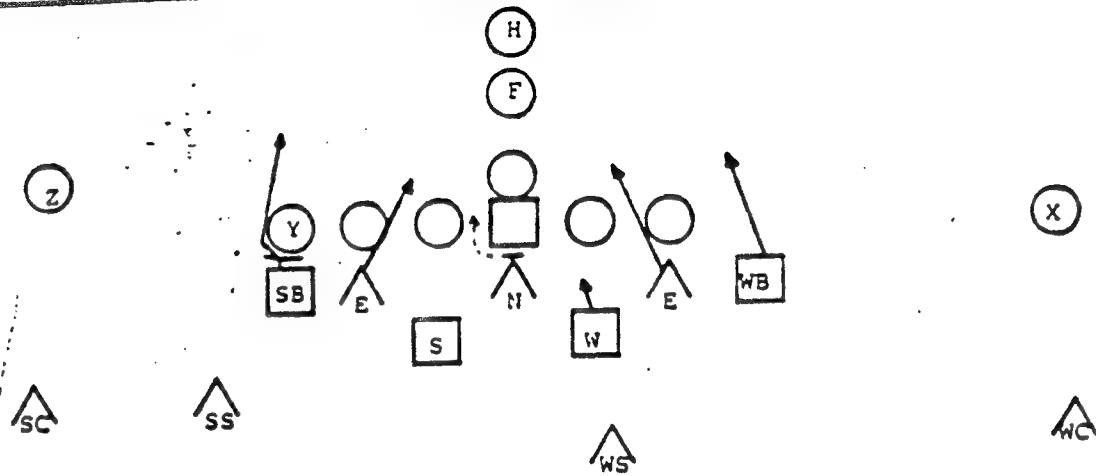
| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|---|---|--|--|
| <u>STRONG BACKER,</u>
<u>WEAK BACKER,</u>
<u>WILL</u> | Normal Alignment | designated by blitz | 1. Rush |
| <u>SAM</u> | Head up Guard
3-4 yds. deep | Thru guard to backs | 1. Cover back lined up directly behind QB M/M-C.P. - Split backs - cover back on TE side
2. Flow - cover 2nd back strong
3. 1 Back Rule - Cover remaining back
4. Poss. "Banjo" in Red Area |
| <u>STRONG CORNER</u> | Hash-Split Rule
7-10 yds. deep
C.P.-Poss. "Bump" | #1 | 1. Cover #1 M/M
C.P. - Off- use hard inside technique
C.P. - "Bump" - use shoulder technique |
| <u>STRONG SAFETY</u> | 1 yd. outside normal TE
Ins. shoulder Vs. Y Flex, Slot, Twin | Thru #2 to backs | 1. Cover #2 M/M using outside technique
C.P. - Y Flex, Slot/Twin, Y outside rel.- use inside tech.
2. Strong, Flow, Flood - "Load" with WS
3. 1 Back Rule-Cover #2
4. Poss. "Banjo" in Red Area |
| <u>WEAK SAFETY</u> | 10-12 yds. deep on Inside leg of Wk. Tackle | Thru uncovered linemen to backs | 1. Cover back away from TE M/M
2. Strong, Flow, Flood - "Load" with SS
C.P.-Strong Slot/Twin, #1 Tight-"Wilson" with WC
3. 1 Back Rule-Cover #3 strong/#2 weak not in backfield |
| <u>WEAK CORNER</u> | Hash-Split Rule
7-10 yds. deep
C.P.-Poss. "Bump" | #1
C.P.- #1 Tight Slot/Twin
Thru #1 to backs | 1. Cover #1 M/M - C.P.-"Bump" - use shoulder tech.
C.P.-Off-use hard inside technique
2. Strong Slot/Twin, #1 Tight-"Wilson" with WC
3. Slot/Twin, #1 Tight-Alert Flow
4. Poss. "Banjo" in Red Area (Slot) |



ADJUSTMENTS - Blitz Coverage

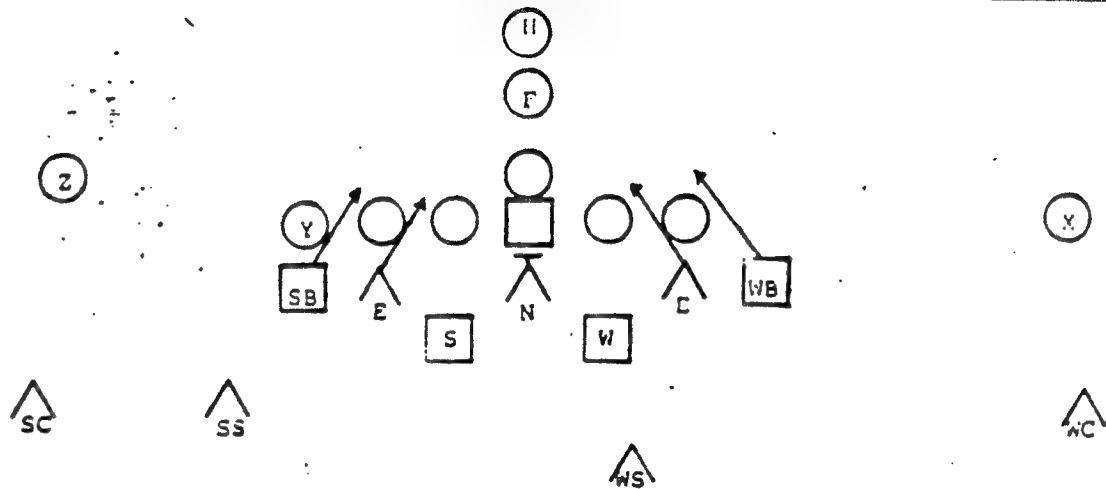


EAGLE BLITZ

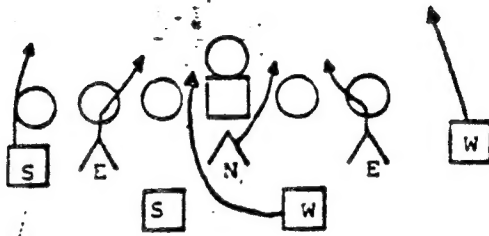


| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|--------------------------------|------------------------------------|--|---|
| <u>STRONG</u>
<u>END</u> | 4 Alignment | Ball,
Guard | 1. Rip Technique |
| <u>NOSE</u> | O Alignment | Ball,
Center,
Guards | 1. O Technique
C.P. - Rush to TE vs. pass
2. Poss. "Ringo/Lucky" call |
| <u>WEAK</u>
<u>END</u> | 4 Alignment | Ball,
Guard | 1. Rip Technique |
| <u>STRONG</u>
<u>PACKER</u> | 6 Alignment | Tight End,
Tackle,
Near Back,
& Guard | 1. 6 Technique - Cutback vs. Run
2. Contain rusher vs. pass |
| <u>SAM</u> | Head up Guard
3 1/2-4 yds. deep | Near Back | 1. Blitz coverage
2. Run reads on <u>rip</u>
3. Alert "Ringo/Lucky" call to Nose
4. Alert "Swap" call with Will |
| <u>WILL</u> | Head up Guard
3 1/2-4 yds. deep | Strong Back,
Guard,
Weak Back | 1. Regular run reads on <u>rip</u>
2. Alert "Ringo/Lucky" call to Nose
3. Run thru vs. Play Action
4. Free rush vs. Dropback |
| <u>WEAK</u>
<u>PACKER</u> | 9 Alignment | Weak Back,
Guard,
Tackle | 1. 9 Technique
2. Contain rusher vs. pass |

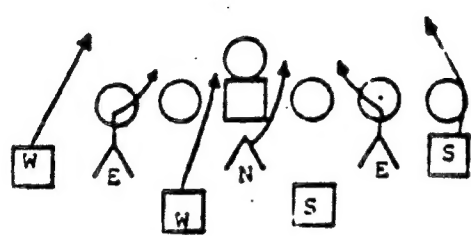
EAGLE SLAM BLITZ



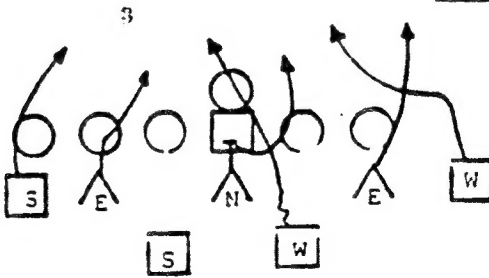
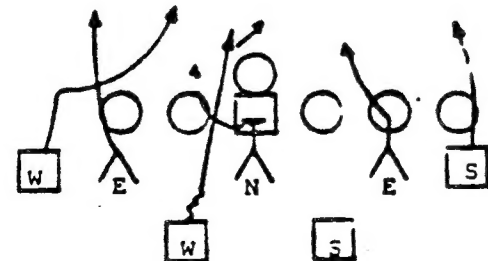
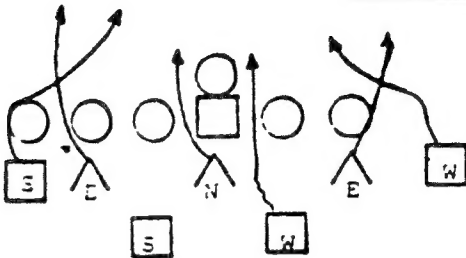
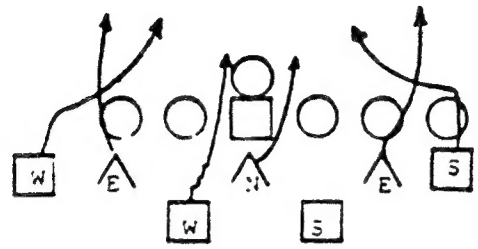
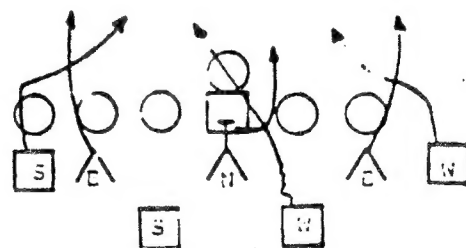
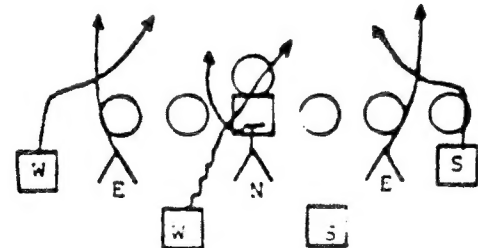
| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|--------------------------|---------------------------------|-------------------------------------|---|
| <u>STRONG
END</u> | 4 Alignment | Ball,
Guard | 1. Slam Technique |
| <u>NOSE</u> | O Alignment | Ball,
Center,
Guards | 1. O Technique
C.P. - Rush to TE vs. Pass (Contain
Rusher) |
| <u>WEAK
END</u> | 4 Alignment | Ball,
Guard | 1. Slam Technique |
| <u>STRONG
BACKER</u> | 6 Alignment | Tight End,
Tackle | 1. Slam Technique |
| <u>SAM</u> | Head up Guard
34-4 yds. deep | Near Back | 1. Blitz Coverage
2. Run reads on slam
3. Alert "Swap" call with Will |
| <u>WILL</u> | Head up Guard
34-4 yds. deep | Strong Back,
Guard,
Weak Back | 1. Regular run reads on slam
2. Contain rush away from TE vs. pass |
| <u>WEAK
BACKER</u> | 6 Alignment | Weak Back,
Tackle | 1. Slam Technique |

Hawk Blitz**"Ringo"**

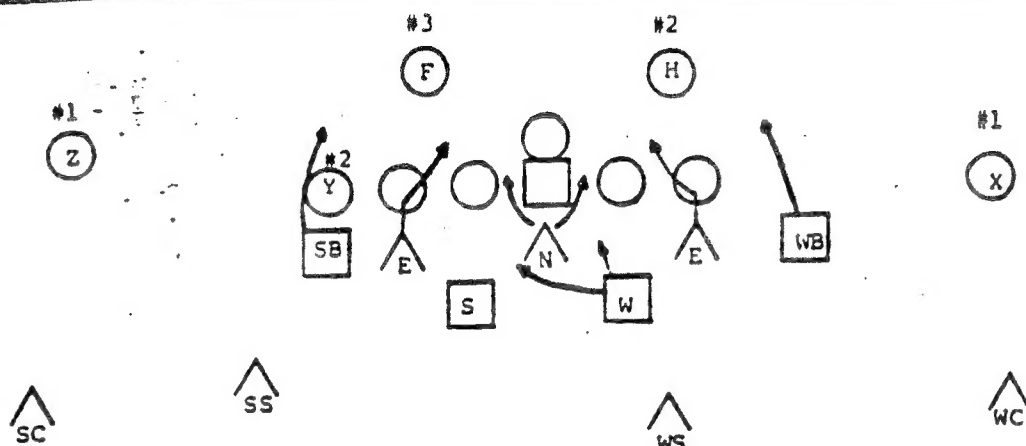
C.P.- Poss. "Me/You" game with RE & Nose

**"Ringo"**

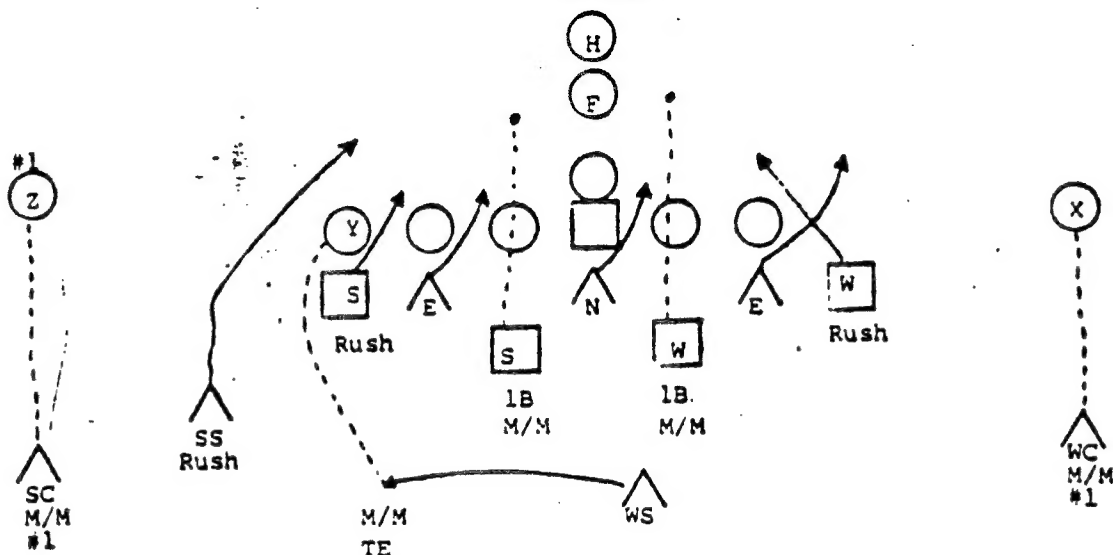
C.P.- Poss. "Me/You" game with RE & Nose

Hawk Loop Blitz**"Bullit"****"Bullit"**Hawk Double Loop Blitz**"Lucky"****"Ringo"**Hawk Double Loop Blitz**"Bullit"****"Bullit"**

HAWK BLITZ



| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|----------------------|------------------------------------|---------------------------------------|--|
| <u>STRONG END</u> | 4 Alignment | Ball, Tackle, Guard | 1. Stunt to B Gap - C.P. - Pass Rush Tech. Vs. Tackle
2. Poss. "me/you" game with Nose
C.P. - "Double Loop" - Loop Technique |
| <u>NOSE</u> | 0 Alignment | Ball, Center, Guards | 1. Run "Ringo/Lucky" call
2. Poss. "me/you" game with End
C.P. - "Loop" or "Double Loop" - poss. "Bullit" call |
| <u>WEAK END</u> | 4 Alignment | Ball, Tackle, Guard | 1. Stunt to B Gap - C.P. - Pass Rush Tech. Vs. Tackle
2. Poss. "me/you" game with Nose
C.P. - "Loop" or "Double Loop" - Loop Technique |
| <u>STRONG BACKER</u> | 6 Alignment | Tight End, Tackle, Near Back, & Guard | 1. 6 Technique - Cutback Vs. Run
2. Contain Rusher Vs. Pass
C.P. - "Double Loop" - Loop Technique |
| <u>SAM</u> | Head up Guard
3 1/2-4 yds. deep | Thru guard to backs | 1. Blitz Coverage
2. Alert "Swap" call with Will |
| <u>WILL</u> | Head up Guard
3 1/2-4 yds. deep | Strong Back, Guard, Weak Back | 1. Run "Ringo/Lucky" call with Nose
C.P. - "Loop" - "Bullit" with Nose
C.P. - "Double Loop" - "Ringo/Lucky" or "Bullit"
C.P. - Alert "Swap" call with Sam |
| <u>WEAK BACKER</u> | 9 Alignment | Ball, Tackle, Near Back | 1. 9 Technique - Force Vs. Run
C.P. - "Loop" or "Double Loop" - Loop Technique |



Thunder - is a run/play action defense based on the location of the tight end.
Sam will give a "Roger/Louie" call slanting the line away from the tight end.
The SS/WC to the tight end will rush. 1 Back Rule - Sam and Weak Safety will
check Stack 3 vs. any 1 back set or Y off.

| POSITION | ALIGNMENT | KEY | RESPONSIBILITY |
|----------------------|------------------------|--------------------------------|--|
| <u>ENDS</u> | <u>Same as Stack 3</u> | <u>"Roger/Louie" Technique</u> | 1. Run "Roger/Louie" call.
C.P. - "X" to open side. Keep coming and get upfield.
You are the force man weakside. |
| <u>LOSE</u> | | | 1. Run "Roger/Louie" call.
C.P. - Back off the ball slightly. |
| <u>STRONG BACKER</u> | | | 1. Run "Roger/Louie" call.
C.P. - "X" to open side. <u>Make the call.</u>
C.P. - You must come inside vs. pass on either side. |
| <u>SAN</u> | | | 1. Make "Roger/Louie" call. Regular run reads.
2. Man/Man coverage on near back. |
| <u>WILL</u> | | | 1. Run "Roger/Louie" call. Regular run reads.
C.P. - "X" to open side (C.P. responsibility on run weak)
2. Man/Man coverage on near back. |
| <u>WEAK BACKER</u> | | ✓ | 1. Run "Roger/Louie" call.
C.P. - "X" to open side. <u>Make the call.</u> No "X" vs. X tight. Be inside rusher vs. pass & come inside for. |
| <u>STRONG CORNER</u> | 7 yds. deep | #1 | 1. Cover #1 man/man using hard inside technique.
2. Play Thunder from off. C.P. - Alert "Bump" call.
C.P. - poss. "C" call on 2 fly |
| <u>STRONG SAFETY</u> | | Pro - Near Back
Slot - #1 | vs. Pro - 1. Free Blitz. Force vs. run, outside rusher vs. pass.
vs. Slot/Twin - 1. Man/Man on slot using inside tech.
C.P. - poss. "C" call |
| <u>WEAK SAFETY</u> | | Tight End | 1. Line up on the ball or to open side.
2. Man/Man on tight end using inside technique |
| <u>WEAK CORNER</u> | 7 yds. deep | Pro - #1
Slot - Near Back | vs. Pro - 1. Cover #1 Man/Man using hard inside tech.
2. Play Thunder from off. C.P. - Alert "Bump" call.
vs. Slot/Twin - 1. Free Blitz. Force vs. run, outside rusher vs. pass. |

ADJUSTMENTS - THUNDER

